



Interior Health

OKANAGAN-NORTH SENIOR'S HOUSING GUIDE

OCTOBER 2004



Please note that this guide is not inclusive.
For other possibilities, contact
Senior's Information Resource Bureau (SIRB)
@ 558-0040

or

Okanagan Private Supportive Living Association (OPSLA)
@ 558-4009

*THE INFORMATION CONTAINED IN THIS BOOKLET IS DESIGNED AS
A GUIDE ONLY
FOR SENIORS AND PERSONS HELPING SENIORS*

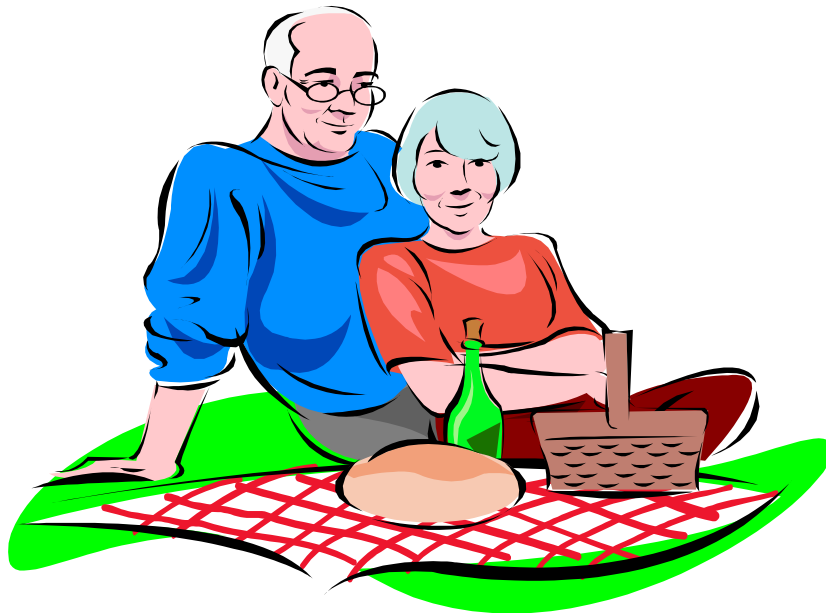
*INTERIOR HEALTH OKANAGAN-NORTH
DOES NOT ACCEPT RESPONSIBILITY
FOR INDIVIDUAL LISTINGS*

*(Prices & services subject to change.)
(Note that most places have a waitlist.)*

Community Care Health Services
Interior Health Okanagan-North
4505-25th Street
Vernon, BC V1T 4S8
PH: 250-545-9288
Fax: 250-549-3916

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Licensed or Not Licensed?

(All references to Licensing means a License under the Community Care and Assisted Living Act of November 2002)

Facilities Requiring Registration

- ✓ All assisted living residences must be registered with the Assisted Living Registrar.
- ✓ Assisted living residences are defined as premises in which housing, hospitality services and up to two care services are provided to three or more adults.
- ✓ Hospitality services are meal, housekeeping, laundry, social and recreational opportunities, and a 24-hour emergency response system.
- ✓ “Prescribed Services” are defined under the Community Care Facilities Act and is clarified below.

Facilities Requiring Licensing

- ✓ Residences that provide three or more prescribed services must be licensed as community care facilities.
- ✓ Adults in licensed care may be in need of supervision, and be both vulnerable and dependent on caregivers for continuing assistance or direction.

Facilities Not Requiring Licensing or Registration

- × Room & Board situations which may or may not include cleaning / laundry services
- × Provide no “prescribed services”

Suggestions for Potential Manager/Operator of Unlicensed Housing

- ☑ First Aid Training
- ☑ CPR Training
- ☑ Criminal Record Check

Clarifying “Prescribed Services”

Adults will need to be able to control, direct, and manage their own affairs within the assisted living residence in which they live. They will not require supervision, and not require more than 2 of the “prescribed services” listed below.

- ✓ Regular assistance with activities of daily living such as eating, mobility, dressing, grooming, bathing, or other personal hygiene;
- ✓ Administering and monitoring the taking of medications;
- ✓ Central storing or distribution of medication
- ✓ Maintenance or management of resident cash resources or property;
- ✓ Nutrition; monitoring of food intake or therapeutic diets;
- ✓ Structured behaviour management and intervention;
- ✓ Psychosocial rehabilitative therapy or intensive physical rehabilitative therapy.

What is “Residential Care”

- ~ Reserved for those with the most complex health needs requiring full-time professional nursing care (24 hours/day, 7 days/week) or
- ~ Those who require assistance by more than one care provider at a time or exhibit behaviour that jeopardizes the safety of self and/or others
- ~ Placement within residential care will be made based on need and urgency instead of position on the waitlist

Interior Health recognizes that seniors want to live as independently as possible for as long as possible and assistance is available to help them do that through Home and Community Care programs or Independent Living premises.

However, for those with complex care needs who require around the clock professional nursing care there are Residential Care Homes. Placement in these sites is based on an assessment of need and urgency.

Subsidized Housing for Seniors

B.C. Housing offers affordable housing for seniors with low to moderate incomes. Subsidized housing for seniors over the age of 55 is managed directly by B.C. Housing, non-profit societies and some cooperatives.

Tenants pay 30% of their household income (before deductions) for rent (subject to minimum rents). The housing needs of each applicant are assessed, with available units offered to people in greatest need first. For more information on BC Housing, Programs visit www.bchousing.org. Or call the Southern Interior Office:

290 Nanaimo Avenue West
Penticton, BC V2A 1N5
PH: (250) 493-0301
Fax: (250) 492-1080

SAFER Program

The Shelter Aid for Elderly Renters (SAFER) program provides direct cash assistance for people age 60 and over and who pay rent for their housing.

SAFER is designed to help older British Columbians on fixed incomes pay for rent and leave them with enough money for the other necessities of life such as food, utilities and transportation.

If you are a senior who spends more than 30 per cent of your income on rent and are not receiving income assistance, you may be eligible for rent assistance provided by the SAFER program. Over 12,000 B.C. seniors are benefiting from the program...you could too. SAFER is one of the many programs offered by BC Housing, the provincial agency responsible for delivering affordable housing programs.

An average SAFER client who lives alone:



















- ~ has a monthly income of \$973
- ~ pays \$519 in rent
- ~ is eligible for a subsidy of \$205
- ~ would pay 53 per cent of their income on rent without SAFER

SAFER applications can be picked up at the Government Agents / Access Centre or your local Community Health Services office. You can also print one from the BC Housing web site.

Call (604) 433-2218 or 1-800-257-7756 and ask for more information about the Shelter Aid for Elderly Renters (SAFER) program.







Questions To Ask When Exploring Alternative Housing For Seniors

NOTES




COSTS AND STAFFING	
	What is the rate being charged and what does that include per month? — not include? How is the rate adjusted if the level of care increases over time?
	How will you give notice to individuals who are not working out in terms of living in your residence, e.g. what will that entail cost-wise?
	How much notice do you expect in order to move out of the residence?
	Who will provide the care and what is their background and experience in this area?
	Do you have a policy on criminal record checks via the RCMP?
	Who will provide care if the primary care givers become sick or there is an emergency that requires them to leave town for a short while?
	What are your expectations cost-wise, if your resident who is also on a wait list for a government facility, is suddenly given notice to move into that facility?
	How will you deal with a trial period for a potential resident, i.e. cost per diem or monthly rate and notice expectation?
	How do you deal with damage costs e.g. carpets or furniture stained with urine?
STRUCTURE AND ENVIRONMENT	
	Is your residence all on one level? Are there any stairs either inside or out?
	Are there safety measures installed in order to ensure the health and well being of the resident? e.g. grab bars, special lighting, and railings on stairs?
	Is the residence wheelchair accessible?
	Are there fire safety equipment / standards in your home? What and where are they?
	Is there a private room? Is there a private or shared bath area?
	How can the resident signal for help from these areas if there is a problem?
	What is your policy on pets, pet visitations, smoking and alcohol?
	Does the resident(s) need to furnish their room? What can/should they bring?
	Who provides the cleaning and what might the resident expect in this area? e.g. changing of linen, cleaning of bath area, cleaning of room?

NOTES




LEVEL OF CARE

 At what level is the resident expected to function in this facility? e.g. totally independent except cooking and cleaning? Semi-independent, needs assist with dressing and some personal care? What if he/she is wheelchair bound, walking independently with an aid, incontinent, needs supervisory assist with transfers, cannot manage stairs?	
 How will you deal with occasional decreases in functioning level of an individual living in your home? Will there be adequate supervision and monitoring?	
 Do you provide assistance in personal care including daily hygiene, mouth care, nail/foot care, hair care, toileting and bathing?	
 Is there staff available at night? If not, how are the residents' needs met at night? In an emergency situation?	
 How will the resident get to health appointments and recreational activities?	
 How will you deal with the purchase and dispensing of medications?	




DIETARY NEEDS

 Do you accommodate special diets, e.g. vegetarian, diabetic?	
 How are menus planned and meals prepared and where are they served?	
 Can the residents assist or prepare their own between meals drinks / snacks?	

LAUNDRY AND WARDROBE

 What laundry service is provided?	
 Do you have any special requests or suggestions in terms of clothes labeling or purchasing?	
 Do you provide assistance in dressing if needed?	

RECREATIONAL ACTIVITIES / VISITATIONS

 What do you provide in terms of transportation to social events, errands, shopping for personal effects, church attendance?	
 What are your expectations in terms of family and friends visiting in your facility?	
 How will you deal with the holidays, e.g. resident with no family / friends near?	

NOTES:

PROVIDER PROFILES - VERNON

Abbeyfield House – Vernon

Phone: 542-3711

“To provide a home where elderly people in relatively good health, who may experience loneliness and insecurity, can enjoy the support and comfort of a homelike atmosphere and at the same time keep their independence”

<p>Address: Box 416 3511-27th Ave. Vernon V1T 6M3</p> <p>Fax:</p> <p>e-mail:</p> <p>Web Site: http://www.abbeyfield.ca</p> <p>Contact: 542-3711 <i>Doug or Ester @</i> 503-5494</p> <p>Total Units: 10 rooms 5 up & 5 down</p> <p>Cost: \$995</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 2 (lunch & dinner) ✓ Cable TV ✓ Utilities (except phone) ✓ Emergency Call Pendants worn ✓ House Coordinator lives upstairs ✓ Separate Bathroom ✓ Age Limit 65+ <input checked="" type="checkbox"/> NO Pets Allowed
<p>Other Comments: Non-Profit</p> <p>Accommodation in a supportive house is only suitable for those who are mentally alert, can manage daily living tasks and can function socially. Abbeyfield is NOT a nursing home. Residents are responsible for all their own personal care, laundry, etc.</p>	

Aloha Care Home

Phone: 542-3880

Located in a rural setting with a view of Okanagan Lake.

<p>Address: 6280 Scott Rd. Vernon V1H 1N4</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Carla Relling</p> <p>Total Units: 5 Bedrooms</p> <p>Cost: \$1400/mth (1 person to each room)</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 per day & unlimited snacks ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service ✓ Cable TV (in living room) ✓ Utilities (except phone) ✓ On-Site Caretaker ✓ Separate Bathroom <input checked="" type="checkbox"/> NO Pets (family has a cat & dog) <input checked="" type="checkbox"/> NO Elevator or Lift (1 level home) <input checked="" type="checkbox"/> NO Age Limit but prefer seniors <input checked="" type="checkbox"/> NOT Near Bus Route but handyDART available
<p>Other Comments: Member of Okanagan Private Supportive Living Association (OPSLA)</p>	

Anjou Place

Phone: 545-5375

<p>Address: 12505 Anjou Rd. Vernon V1B 1N5</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Wilma Young, RN @ 548-0016</p> <p>Total Units: 6 Bedrooms Cost: \$1200</p> <p>Cost adjusted based on extra care or services needed.</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals 3 & 2 snacks ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service ✓ Utilities (residents share house phone) ✓ On-Site Caretaker ✓ Sink & commode in each room ✓ Central bathing area ✓ 24-hour care <ul style="list-style-type: none"> <input checked="" type="checkbox"/> NO Age Limit but seniors preferred <input checked="" type="checkbox"/> NO Pets <input checked="" type="checkbox"/> NOT near bus route
<p>Other Comments: Member of Okanagan Private Supportive Living Association (OPSLA)</p> <p>Ground Level house with a lovely back yard and walkway Common dining room and recreation room Transportation can be arranged</p>	

Bellevue Home

Phone: 558-5884

<p>Address: 4612 Bellevue Dr. Vernon V1T 9L5</p> <p>Fax: 558-5884</p> <p>e-mail:</p> <p>Contact: Karen Monroe, RN</p> <p>Total Units: 3 Bedrooms Cost: Varies based on services provided</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & unlimited snacks ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service ✓ Utilities ✓ On-Site Caretaker ✓ Shared bathroom ✓ Near bus route, handyDART available <ul style="list-style-type: none"> <input checked="" type="checkbox"/> NO Age Limit <input checked="" type="checkbox"/> NO Pets
<p>Other Comments:</p> <p>Various activities available</p>	

Canterbury Court

Phone: 503-2054

Rental suites with full service packages

Address: 3011 Gateby Place
 Vernon V1T 9S4
Fax: 250-558-1413
e-mail: info@canterburycourt.ca
Contact: Janet Sutherland or

Total Units: 133

Cost:

Bachelor/Studio	\$1525
1 Bedroom	\$1795 to \$1895
2 Bedroom	\$2195

Price varies depending on service package, e.g. \$100 per month for a lunch package; single or double occupancy

Website: www.canterburycourt.ca

Services Provided:

- ✓ Dinner Meal Daily – Plus choice of Breakfast or Lunch
- ✓ Weekly Housekeeping
- ✓ Weekly Laundry (Towels & Bedding Linen Change)
- ✓ Utilities-Cable TV, Lights, And Hot Water Heat
- ✓ Emergency Call System Plus Security 24-Hour Staffing
- ✓ Near Bus Route Plus Handydart Available
- ✓ Secure Heated Parkades
- ✓ Each Unit Has Fridge, Stove & Air Conditioning
- ✓ Hair Salon (For Ladies & Gents)
- ✓ Personal Laundry Service Available
- ✓ 2 Elevators
- ✓ On-Site Handyman-For-Hire
- ✓ Small Pet Allowed
- ✓ Resident Outings To Points Of Interest And Activities
- ✓ Washer & Dryer On Each Floor – Free For Resident Use
- ✓ 1 Guest Suite Available For Visitors
- ✓ Wheelchair Friendly
- ✓ Age Limit 55+

Other Comments:

To find us: Turn off Alexis Park Drive onto Gateby Place to see two towers on left.

- ~ Full exercise and fitness program with a Certified Trainer qualified in Rehabilitation.
- ~ Located within 2 blocks of all downtown Vernon services and amenities
- ~ Full restaurant-style menu with a “Special of the Day” everyday
- ~ Picturesque “waterfall garden” (and active Garden Club for residents)
- ~ Personal care may be purchased privately from Community Care Health Services (CCHS), PRN, We Care, etc.
- ~ Coffee and trays of goodies served daily in Country Kitchen
- ~ Inquire about selected suites available for purchase.

Carrington Senior's Place**Phone: 545-5704***Independent retirement living*

<p>Address: 4751-23 St Vernon V1T 9J4</p> <p>Fax: 549-3820</p> <p>e-mail: info@carringtonseniorsplace.com</p> <p>Contact: Judy MacGuillivray or Janet</p> <p>Total Units: 72 Studio Suites Mini Bedroom Suite One Bedroom Suite</p> <p>72 suites including 13 handicapped suites on 3 floors</p> <p>Cost:</p>	<p>Services Provided</p> <ul style="list-style-type: none"> ✓ 3 homemade meals; snacks available ✓ Laundry facilities on each floor ✓ On-Site Activities Coordinator ✓ Assisted Living Program and Care Aides ✓ Crafts, library, exercise room, games room ✓ Outdoor patios ✓ In-house hair salon
<p>Other comments: Opened Spring 2003, Carrington Senior's Place offers an affordable and comfortable concept in independent retirement living without sacrificing independence. Located conveniently within walking distance to all amenities including a shopping mall and casino.</p>	

Columbus Court 2**Phone: 545-5388***Supportive Living in partnership with Interior Health as well as low-cost seniors housing available*

<p>Address: 3003 Gateby Place Vernon V1T 9H5</p> <p>Fax: 545-5183</p> <p>e-mail:</p> <p>Contact: Dennis Bolen cell: 558-7093</p> <p>Total Units: 71 64 1-Bedroom 3 2-Bedroom 4 Disabled Units (with dishwasher)</p> <p>Cost: Rent is based on 30% of your income</p> <p>A supportive care package can be included for a cost equivalent to 40% of income (min \$380.00 or maximum of \$500.00).</p>	<p>Services Provided</p> <ul style="list-style-type: none"> ✓ Cable TV (tenant responsibility) ✓ Near Bus Route & handyDART available ✓ Elevator ✓ Each unit has fridge & stove ✓ New units will have washer/dryer ✓ Coin-operated washer/dryer on first floor in older section ✓ Age Limit 55+ or on a disability pension <input checked="" type="checkbox"/> NO Pets <input checked="" type="checkbox"/> Residents responsible for utilities <p>Supportive Care Package includes:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> One Meal @ noon <input checked="" type="checkbox"/> Weekly Housekeeping & Laundry
<p>Other Comments: Within 2 blocks of all services & amenities Near Schubert Seniors Centre Housekeeping & meal provided under contract by Coldstream Meadows Home Support services available to eligible residents through Community Care Health Services</p>	

Comfort Living For Seniors Inc.

250-712-1110

Supportive and Assisted Living – Keeping you Closer to Home

<p>Address: 2800 – 40th Street Vernon, BC V1T 6J7</p> <p>Fax: 250-862-4979</p> <p>Contact: Kathy @ 545-6636</p> <p>e-mail: office@clseniors.com</p> <p>website: www.clseniors.com</p> <p>Total Units: 14 bedrooms</p> <p>Cost: Starts @ \$1625</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Large bright bedroom with ensuite <input checked="" type="checkbox"/> Home cooked meals & snacks <input checked="" type="checkbox"/> Common dining and living area with home entertainment system <input checked="" type="checkbox"/> TV Cable included in each room <input checked="" type="checkbox"/> Housekeeping <input checked="" type="checkbox"/> Recreational activities <input checked="" type="checkbox"/> On-site hair salon <input checked="" type="checkbox"/> 24-hour staffing
<p>Other Comments</p> <p>We are dedicated to providing the highest quality of life possible through our exceptional operating standards. Comfort Living has followed government regulations under the Community Care and Assisted Living Act.</p>	

Cool's Pond Manor

Phone: 558-3930

Assisted living for seniors, all levels of care. Positive & patient atmosphere.

<p>Address: 6451 Rimer Road, BX Vernon V1B 3T7</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: June Roszell</p> <p>Total Units:</p> <p>Cost:</p>	<p>Services Provided</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Age Limit 55+ or on a disability pension <input checked="" type="checkbox"/> NO Pets <input checked="" type="checkbox"/> Residents responsible for utilities
<p>Other Comments: Member of the Okanagan Private Supportive Living Association (OPSLA)</p>	

Country Charm

Phone: 545-3816

<p>Address: 643 Mountview Rd. Vernon V1B 3A7</p> <p>Fax: 545-3816</p> <p>e-mail:</p> <p>Contact: Shelly LaBelle, RN (retired)</p> <p>Total Units: 6 Bedrooms</p> <p>Cost: Negotiable</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & 3 snacks per day ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service ✓ Cable TV ✓ Utilities (residents share house phone) ✓ Security ✓ On-Site Caretaker <ul style="list-style-type: none"> <input type="checkbox"/> NO Pets Allowed <input type="checkbox"/> NO Elevator or Lift <input type="checkbox"/> NO Age Limit <input type="checkbox"/> NOT Near Bus Route
<p>Other Comments:</p> <p>Home cooked meals Country setting Wheelchair accessible</p>	

Crescent Place

Phone: 545-0854

Experienced, quality, gentle care that "Comes from the Heart". We are committed to providing a safe, comfortable, supportive, caring family environment for our residents with excellent quality, individualized care.

<p>Address: 3929-15th Crescent Vernon V1T 8B7</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Norm & Julie Belanger</p> <p>Total Units: 4 Cost:</p> <p>4 Bedrooms starting @ \$900</p> <p>Additional services available at extra charge.</p> <p>Residents share the upstairs while the family lives downstairs. Joint dining for Residents and family.</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & 1-2 snacks per day ✓ Housekeeping ✓ Linen Change (residents bring own linen) ✓ Full Laundry Service (1/wk with bedding) ✓ Cable TV ✓ Utilities (residents share house phone) ✓ Security / Emergency Call System ✓ On-Site Caretaker ✓ 2 rooms have Separate Bathroom ✓ Age Limit: 55+ preferred ✓ Residents can be transported by the family car to pre-scheduled appointments <ul style="list-style-type: none"> <input type="checkbox"/> NO Pets Allowed (family already has pets) <input type="checkbox"/> NO Elevator or Lift <input type="checkbox"/> NOT Near Bus Route but handyDART available
<p>Other Comments: Member of Okanagan Private Supportive Living Association (OPSLA)</p> <p>Caregivers can assist with dispensing of medications; shower once per week; dressing; toileting; changing incontinence pads, etc. Palliative care available. No Alzheimer's or dementia clients.</p>	

D.J.'s Place

Phone: 545-1486

Private Care Home

<p>Address: 3422-15th Ave. Vernon V1T 6N9</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Virginia</p> <p>Total Units: 1 bedroom</p> <p>Cost:</p>	<p>Services Provided</p> <ul style="list-style-type: none"> ✓ Meals & Snacks ✓ Housekeeping & Laundry ✓ ✓ TV but no cable ✓ Age Limit 55+ <p><input type="checkbox"/> NO Pets</p>
<p>Other Comments: Across from Mormon Church</p>	

Gentle Waters Seniors Home

Phone: 545-3351

Offers a concept in senior living designed to provide comfort, safety, security, privacy and companionship without sacrificing individual independence. "We would love to have you or your loved ones reside with us."

<p>Address: 3309-39 Ave. Vernon V1T 3E2</p> <p>Fax: 545-3460</p> <p>e-mail:</p> <p>Contact: Harry & Eman Gaudet</p> <p>Total Units: 50</p> <p>44 Bachelor / Studio 6 One Bedroom (Disabled Suites)</p> <p>Cost: \$900 to \$1700</p> <p>2 larger studio units suitable for a couple Most of the new units have been designed for the disabled.</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & unlimited snacks ✓ Housekeeping ✓ Linen Change with laundry for towels & bedding ✓ Full Laundry Service upon request ✓ Cable TV ✓ Utilities (except phone) ✓ Security / Emergency Call System ✓ On-Site Caretaker ✓ Separate Bathroom ✓ All rooms fully furnished ✓ Elevator ✓ Age Limit: 55+ ✓ Near Bus Route ✓ Shuttle Bus / Courtesy Van ✓ Scheduled leisure activities <p><input checked="" type="checkbox"/> NO Pets Allowed</p>
<p>Other Comments: Eman is a retired Registered Nurse Located across from the Vernon Recreation Complex, Halina Seniors Centre, the Vernon Curling Club and the Performing Arts Centre. Was renovated to add 21 studio suites. Total of 50 units by August 2002</p>	

Idella Meier

Phone: 549-2620

Home like setting for 55+

<p>Address: 5505 Willow Place Vernon V1T 8N9</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Idella Meier</p> <p>Total Units: 2 Cost: \$1400 to \$1600</p> <p>2 single bedrooms with TV room & shared bathroom</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ 3 Meals & snacks ✓ Housekeeping & laundry ✓ Cable TV ✓ Residents have separate phone ✓ On-Site Caretaker ✓ Close to bus route ✓ Age Limit: 55+ <p><input checked="" type="checkbox"/> No smoking</p> <p><input checked="" type="checkbox"/> No pets</p>
<p>Other Comments:</p>	

Kiwanis Village

Phone: 542-8923

Low cost housing for seniors

<p>Address: 1507-35th Ave. Vernon V1T 2R7</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Peter Marriott</p> <p>Total Units: 57 49 Bachelor / Studio 8 One Bedroom</p> <p>Cost varies according to unit & building \$195 to \$215</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ On-Site Caretaker ✓ Near Bus Route <p><input checked="" type="checkbox"/> NO Pets Allowed</p> <p><input checked="" type="checkbox"/> NO personal care services provided</p> <ul style="list-style-type: none"> ✓ \$10.00 per month for parking ✓ Low income clients 55+ capable of self-care
<p>Other Comments:</p> <p>Each unit has a fridge and stove; residents must be in good health and independent; units located in 10 different buildings; located near Silver Star School</p>	

Mary's Manor

Phone: 542-6324

Supportive care home for seniors

<p>Address: 6090 Tronson Rd. Vernon V1H 1N4</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Margaret & Stuart Harrison</p> <p>Total Units: 9</p> <p>Rooms only in large home-like setting 7 singles 2 doubles</p> <p>Cost: \$1400-\$1600</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & 3 snacks per day ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service once per week ✓ Cable TV ✓ Utilities (except phone) ✓ Security / Emergency Call System ✓ On-Site Caretaker ✓ Separate Bathroom (sink & toilet) ✓ Central bathing room ✓ Lift ✓ Age Limit: - seniors only ✓ Near Bus Route ✓ Pets Allowed as long as other residents agree; do have dogs outside already
<p>Other Comments: Member of Okanagan Private Supportive Living Association (OPSLA) Housing in a home-like atmosphere Mr. Harrison will take residents to scheduled appointments if family unable 24 hours service is provided (no registered nurse on premises) Close to Vernon Regional Airport</p>	

McCulloch Court

Phone: 542-1154

Low Cost Seniors Housing in high-rise building

<p>Address: 3400 Coldstream Ave. Vernon V1T 8B5</p> <p>Fax:</p> <p>e-mail: mcculloch@workshopbc.com</p> <p>Contact: Linda Bricker, Administrator</p> <p>Total Units: 113 Cost:</p> <p>80 Bachelor / Studio \$330</p> <p>33 One Bedroom \$430</p> <p>7 Suites on 1st floor are suitable for physically handicapped</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Coin operated washers & dryers ✓ 6 floors serviced by an elevator ✓ Near Bus Route ✓ Rental includes heat & light <input checked="" type="checkbox"/> NO Pets Allowed <input checked="" type="checkbox"/> NO Services Provided
<p>Other Comments:</p> <p>Eligibility Criteria:</p> <ul style="list-style-type: none"> ▪ 55 years + or on disability and must be capable of self-care <p>Activities include diner parties, club meetings, bingo, billiards, shuffleboard, sing-songs and family gatherings. Located within two blocks of downtown Vernon</p>	

Olive Grove**545-3757***Personal Care Home in the downtown core*

<p>Address: 3408-35 Street Vernon V1T 6C1</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Roza Lutsenko</p> <p>Total Units: 3 bedrooms (1 double occupancy & ensuite bathroom)</p> <p>Cost: \$1,200</p>	<p>Services Provided:</p> <p>All services:</p> <ul style="list-style-type: none"> ✓ 3 meals & snacks ✓ Housekeeping ✓ Laundry service ✓ Utilities ✓ On-site caretaker ✓ Pets considered ✓ Wheelchair / Ramp access
<p>Other Comments:</p> <p>Downtown close to the Schubert Centre</p>	

Orchard Valley Retirement Residence Phone: 545-0455*Offers a gracious concept in retirement living, designed to provide comfort, safety, security, privacy and companionship without sacrificing independence.*

<p>Address: 2829-34th Street Vernon V1T 9G4</p> <p>Fax: 545-3120</p> <p>web: www.caretendersinc.com</p> <p>Contact: Dianne Campbell</p> <p>Total Units: 66</p> <p>22 Bachelor / Studio</p> <p>25 One Bedroom</p> <p>19 Disabled Suites</p> <p>Cost: \$1410 to \$1775 \$400 for second person</p> <p>www.caretendersinc.com</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 2 & 1 snack ✓ Housekeeping ✓ Linen Change & wash towels & bedding ✓ Full Laundry Service upon request ✓ Cable TV ✓ Utilities (except phone) ✓ Security / Emergency Call System ✓ On-Site Caretaker ✓ Separate Bathroom ✓ Elevator or Lift ✓ Age Limit: 65+ ✓ Near Bus Route ✓ Underground security parking <p><input checked="" type="checkbox"/> Pets Allowed (birds or fish) but not encouraged</p>
<p>Other Comments:</p> <p>We offer comfort, companionship, privacy and independence. Conveniently located in downtown Vernon Crafts & games room Workshop Guest suite for visitors Beauty & Barber shop Tuck & sundry shop Medic alert monitoring on a 24-hour basis</p>	

Patience Palace

Phone: 549-2595

Large family home in scenic Bella Vista

<p>Address: 3037 Sandon Drive Vernon V1H 1A3</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Marilyn Morrison</p> <p>Total Units: 5 singles</p> <p>Cost: \$1500 depending on services provided</p>	<p>Services Provided</p> <ul style="list-style-type: none"> ✓ Small pets considered ✓ Utilities & Cable TV included ✓ Has staff available 24/7 ✓ 3 meals + snacks ✓ Laundry/housekeeping ✓ HandyDart available ✓ Level Entry; no steps
<p>Other Comments: Member of the Okanagan Private Supportive Living Association (OPSLA)</p> <p>~ 1½ block from bus</p> <p>~ Located off Bella Vista Rd. near Heritage Dr.</p> <p>~ Residents share main floor of family home while family lives downstairs</p>	

Prospect Lodge

Phone: 545-5464

Supportive Living in a home-like setting

<p>Address: 2909 Prospect Drive Vernon V1T 8J2</p> <p>Fax:</p> <p>e-mail: bolla333@aol</p> <p>Contact: Bev Reid or Jeanette</p> <p>Total Units: 3 + 1 double</p> <p>Cost:</p>	<p>Services Provided</p> <ul style="list-style-type: none"> ✓ Cable TV ✓ Near Bus Route & handyDART available ✓ Age Limit 55+ ✓ Pets (birds or fish) may be allowed ✓ Extension of house phone in each room <input type="checkbox"/> Prefers clients who do not require wheelchair or walker; independently mobile <input type="checkbox"/> Shared bathroom; double room has ensuite
<p>Other Comments:</p> <p>About 5 minutes to the Schubert Centre</p> <p>Family will provide transportation to appointments</p>	

Sharon Court

Phone: 542-1154

Low cost housing in a secure building for adults only

<p>Address: 3900-24th Ave. Vernon V1T 8M2</p> <p>Fax:</p> <p>e-mail: mcculoch@workshopbc.com</p> <p>Contact: Linda Bricker, Administrator @ 545-9454</p> <p>Total Units: 27</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 15%;"></td> <td style="width: 60%;">Cost:</td> <td style="width: 25%;"></td> </tr> <tr> <td>19 Bachelor / Studio</td> <td>\$276</td> <td></td> </tr> <tr> <td>6 One Bedroom</td> <td>\$344</td> <td></td> </tr> <tr> <td>2 Two Bedroom</td> <td>\$387</td> <td></td> </tr> </table>		Cost:		19 Bachelor / Studio	\$276		6 One Bedroom	\$344		2 Two Bedroom	\$387		<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Coin operated washers & dryers ✓ Near Bus Route ✓ Rental includes heat & light and Cable TV ✓ Free parking ✓ Accessible by stairs only <ul style="list-style-type: none"> <input checked="" type="checkbox"/> NO Pets Allowed (birds & fish may be) <input checked="" type="checkbox"/> NO Children <input checked="" type="checkbox"/> NO Services Provided
	Cost:												
19 Bachelor / Studio	\$276												
6 One Bedroom	\$344												
2 Two Bedroom	\$387												
<p>Other Comments:</p> <p>Eligibility Criteria:</p> <ul style="list-style-type: none"> ▪ 55 years + or on disability <p>Located in the lower Mission Hill area on the way to Okanagan Landing Has a games room</p>													

Sharon's Place

Phone: 545-3367

Country setting 5 minutes from Village Green Mall

<p>Address: 6125 Silver Star Vernon V1B 3P3</p> <p>Cell Phone: 309-4086</p> <p>Fax: 549-2279</p> <p>e-mail:</p> <p>Contact: Sharon Woods, RPN</p> <p>Total Units: 4</p> <p>4 bedrooms</p> <p>Cost: start at \$1100</p> <p>Price depends upon services provided</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & unlimited snacks per day ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service once per week ✓ Cable TV ✓ Utilities (except phone) ✓ "Baby" Monitors throughout; 24 hour supervision ✓ On-Site Caretaker ✓ Separate Bathroom for 2 of the rooms and 2 rooms share a bathroom ✓ Elevator ✓ Age Limit: 55+ <ul style="list-style-type: none"> <input checked="" type="checkbox"/> NOT Near Bus Route by handyDART available <input checked="" type="checkbox"/> NO Pets Allowed
<p>Other Comments: Member of Okanagan Private Supportive Living Association (OPSLA) Assisted living for seniors, Country setting – neighbours have cows and horses Sharon is the past president of the OPSLA</p>	

Sunnyvale Restholm

Phone: 542-0619

Self-contained apartments close to shopping for independent seniors

<p>Address: 4304-25th St. Vernon V1T 4S4</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Harold @ 542-0619 or Rolly @ 545-4739</p> <p>Total Units: 18</p> <table style="width: 100%;"> <tr> <td style="width: 10%;"></td> <td style="width: 70%;">Cost:</td> <td style="width: 20%;"></td> </tr> <tr> <td>14</td> <td>One Bedroom</td> <td>\$375</td> </tr> <tr> <td>4</td> <td>Two Bedroom</td> <td>\$475</td> </tr> </table> <p>4 suites designed for disabled but must be independent</p>		Cost:		14	One Bedroom	\$375	4	Two Bedroom	\$475	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Elevator <input checked="" type="checkbox"/> NO Pets Allowed <input checked="" type="checkbox"/> NO Age Limit but must be independent <input checked="" type="checkbox"/> NO Services Provided
	Cost:									
14	One Bedroom	\$375								
4	Two Bedroom	\$475								

Other Comments: Non-Profit

Apartment living – contains refrigerator, stove, storage area and balcony. Laundry facilities, 2 lounges, 1 workshop and limited carport parking.
For independent seniors seeking a family atmosphere.

Vernon Restholm

Phone: 542-7636

Independent living, non-smoking facility intended for seniors in physical and mental health that allows them to provide for their own day-to-day personal needs.

<p>Address: 2808-35th St Vernon V1T 6B5</p> <p>Fax: 545-6102</p> <p>e-mail: restholm@cnx.net</p> <p>Contact: Karon Taylor or Lynn</p> <p>Total Units: 47</p> <table style="width: 100%;"> <tr> <td style="width: 10%;"></td> <td style="width: 70%;">Cost</td> <td style="width: 20%;"></td> </tr> <tr> <td>46</td> <td>Bachelor / Studio</td> <td>\$975</td> </tr> <tr> <td>1</td> <td>One Bedroom</td> <td></td> </tr> </table> <p>2 large studio suites can accommodate couples</p> <p>\$1690 for couples</p>		Cost		46	Bachelor / Studio	\$975	1	One Bedroom		<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & unlimited snacks ✓ Weekly cleaning / no laundry or linen changes ✓ Cable TV ✓ Utilities (except phone) ✓ On-Site Caretaker ✓ Separate Bathroom (sink & toilet) ✓ Shared bathing & sit-down shower ✓ Age Limit: 65+ ✓ Near Bus Route ✓ Pets Allowed with approval & restrictions <input checked="" type="checkbox"/> NO Security
	Cost									
46	Bachelor / Studio	\$975								
1	One Bedroom									

Other Comments:
Non-Smoking Facility
Individuals are expected to manage their own medications and be independently mobile.
Community Care Health Services support is available for assistance with medication management and assistance with personal care.
Full recreational programs such as exercises, shuffleboard, bowling, picnics, musical entertainment and church services – Activities Coordinator on staff

Ukrainian Village**Phone: 545-6475***Low cost housing for seniors*

<p>Address: 3502-27 Ave. Vernon V1T 7A1</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Paul Malysh, Manager</p> <p>Total Units: 75</p> <table> <tr> <td>37</td> <td>Bachelor / Studio</td> <td>Cost: \$208</td> </tr> <tr> <td>37</td> <td>One Bedroom</td> <td>\$255</td> </tr> </table>	37	Bachelor / Studio	Cost: \$208	37	One Bedroom	\$255	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Cable TV ✓ On-Site Caretaker ✓ Fridge & Stove in each suite ✓ Heat & Water included in the rent ✓ Near Bus Route <p><input checked="" type="checkbox"/> NO Pets Allowed</p> <p><input checked="" type="checkbox"/> NO Elevator or Lift</p>
37	Bachelor / Studio	Cost: \$208					
37	One Bedroom	\$255					
<p>Other Comments: Built in 1975 by the Ukrainian National Federation Run by Vernon Ukrainian Citizen's Housing Society Not Subsidized For independent seniors aged 55+ receiving pensions The Village has a bingo and a large sitting room</p>							

The Victorian**Phone: 545-0470***Located in the Lower East Hill in a residential area.*

<p>Address: 3306-22 Street Vernon V1T 4H8</p> <p>Fax: 545-0470</p> <p>e-mail:</p> <p>Contact: Mike Anderson</p> <p>Total Units: 19</p> <table> <tr> <td></td> <td></td> <td>Cost</td> </tr> <tr> <td>3</td> <td>Bachelor / Studio</td> <td>\$1,500</td> </tr> <tr> <td>11</td> <td>One Bedroom</td> <td>\$1,750</td> </tr> <tr> <td>4</td> <td>Two Bedroom</td> <td>\$2,050</td> </tr> <tr> <td>1</td> <td>Large Bedroom with Den</td> <td></td> </tr> </table> <p>Cost ranges from \$1550 to \$2500 plus \$400 for second person</p>			Cost	3	Bachelor / Studio	\$1,500	11	One Bedroom	\$1,750	4	Two Bedroom	\$2,050	1	Large Bedroom with Den		<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals: 3 & whatever/whenever snacks ✓ Housekeeping ✓ Linen Change ✓ Heavy Laundry Service (Free laundry on every floor) ✓ Cable TV ✓ Utilities (except phone) ✓ Security / Emergency Call System ✓ On-Site Caretaker ✓ Separate Bathroom ✓ Elevator or Lift ✓ Near Bus Route ✓ Shuttle Bus / Courtesy Van ✓ Pets Allowed with approval <p><input checked="" type="checkbox"/> NO Age Limit</p>
		Cost														
3	Bachelor / Studio	\$1,500														
11	One Bedroom	\$1,750														
4	Two Bedroom	\$2,050														
1	Large Bedroom with Den															
<p>Other Comments: Unique Views</p>																

The Westview Harmony Lodge

Phone: 307-1517

Assisted Supportive Living for seniors

<p>Address: 4309 Westview Dr Vernon V1T 1B2</p> <p>Contact: Virginia</p> <p>Total Units: 4 Cost:</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Nutritious, home cooked meals ✓ Room cleaning ✓ Laundry ✓ Caring supervision, personal care and medication assistance as needed ✓ Common area ✓ 24 hour staff on site ✓ Non-smoking environment
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Other Comments:
 Mission Statement: "The Westview Harmony Lodge will strive to provide dependable and high quality supportive living accommodation for seniors."
 View of the valley, the city and Okanagan Lake

West Villa Place Ltd.

Phone: 558-9967

For independent seniors

<p>Address: 3601-27th Ave. Vernon V1T 1S5</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Louise or Brad Kruger</p> <p>Total Units: 10</p> <p>10 Rooms; common dining area</p> <p>Cost:</p> <p>Package One: \$950 + 400 for 2nd person Package Two: \$1250 + 400 for 2nd person</p>	<p>Services Provided:</p> <p>Package One:</p> <ul style="list-style-type: none"> ✓ Utilities (except phone) ✓ 3 meals ✓ Light Housekeeping <p>Package Two:</p> <ul style="list-style-type: none"> ✓ Meals - 3 per day ✓ Weekly Housekeeping ✓ Heavy Laundry (towels & bedding) (Residents provide their own linens & do their own personal laundry) ✓ Basic Cable TV ✓ Utilities (except phone) ✓ Age Limit: 55+ ✓ Near Bus Route <p><input checked="" type="checkbox"/> NO Pets Allowed</p>
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Other Comments:
 Son is a Long Term Care Aide
 No medications given, however, We Care comes to visit upon request
 All on one level
 Will help you move your things, free of charge within Vernon area
 Close to downtown, shopping, Schubert Centre & all other amenities

Yin Ho Gardens**Phone: 545-0094***Focus on handicapped and housing for Canadian Mental Health Association*

Address: 4206 Alexis Park Vernon V1T 6H3 7Fax: 545-0094 e-mail: Contact: Rhea Cardinal Total Units: Cost 30% of income	Services Provided: ✓ Cable TV ✓ Utilities (except phone) ✓ On-Site Caretaker ✓ Separate Bathroom (sink & toilet) ✓ Near Bus Route
Other Comments: Located close to amenities	

Zoya Pelentsov**Phone: 546-6231***A big, new house with a beautiful back yard near Hillview Golf Course*

Address: 152 Lindsay Road Vernon V1B 2H7 7Fax: 545-0094 e-mail: Contact: Zoya Pelentsov Total Units: Cost Room for 2 seniors Negotiable	Services Provided: ✓ 3 meals & snacks ✓ Housekeeping ✓ Transportation to shopping & activities ✓ Upstairs 3 bedrooms, shared bathroom (1 ½ baths) ✓ Laundry service ✓ 24-hour care
Other Comments: A couple whose children are grown and would like to share their home. Zoya has contacted Licencing and OPSCA.	

PROVIDER PROFILES - LUMBY & LAVINGTON

Anita Mazereeuw Private Care Home Phone: 260-1638

Christian Family Home in a country setting

<p>Address: 5938 Learmouth Vernon, BC V1B 3E6</p> <p>Fax:</p> <p>Total Units:</p> <p>Cost: \$1300/month</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> 1 level house <input checked="" type="checkbox"/> Bath assist <input checked="" type="checkbox"/> Client must be independent and able to be left alone for a couple of hours <input checked="" type="checkbox"/>
<p>Other Comments</p> <p>Anita's family is Christian so they pray at the dinner table.</p>	

Coldstream Care Home

Phone: 558-4941

Private home with a family atmosphere

<p>Address: 11411 Coldstream Creek Rd. Vernon V1B 1E1</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Conny Heist</p> <p>Total Units: 1 suite</p> <p>Costs are dependent on the needs & the requirements of the individual residents</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ On-Site Caretaker ✓ Laundry & Housekeeping ✓ 24-hour assistance ✓ Meals & Snacks; specialty diets ✓ Supervision of medication ✓ Wheelchair & walker accessible ✓ Near Bus Route
<p>Other Comments: Member of Okanagan Private Supportive Living Association (OPSLA)</p> <p>Offers some transportation A protective & support home environment</p>	

Coldstream Meadows

Phone: 542-5661

Nestled in a beautiful, park-like setting, we offer independent living for seniors while providing safety, security and companionship

<p>Address: 9104 Mackie Dr. Coldstream V1B 1G9</p> <p>Fax: 546-5675</p> <p>e-mail:</p> <p>Contact: Jack, Elaine, Rob & Lorri Borden (owners)</p> <p>Total Units: 59</p> <p>50 Bachelor / Studio 9 One Bedroom Has one unit suitable for wheelchair</p> <p>Cost: \$1195 to \$1795 Additional person \$400 per month</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & 3 snacks per day ✓ Housekeeping – daily or weekly ✓ Linen Change ✓ Bedding & small amount of personal laundry ✓ Cable TV ✓ Utilities (except phone) ✓ 24-hour Security ✓ On-Site Caretaker ✓ Age Limit: 70+ ✓ Elevator ✓ Near Bus Route (500 meters away) ✓ Shuttle Bus / Courtesy Van ✓ On-Site Resident Services
<p>Other Comments:</p> <p>Library, Hair Salon, Exercise Room Organized group activities</p>	

Dot's Spot

Phone: 549-2735

Care for seniors in a home-like setting.

<p>Address: 5958 Hwy. 6 Vernon (Lavington) V1B 3C8</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Dorothy Bowie</p> <p>Total Units: 3</p> <p>5 bedroom home; 3 up & 2 down</p> <p>Cost: \$1000 for room & board \$1200 for care services \$1300 for care of residents with dementia</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & 2 snacks per day ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service ✓ Cable TV ✓ Utilities (except phone) ✓ On-Site Caretaker / ✓ 2 bathrooms for 3 people Commodes in bedrooms for night-time ✓ Pets Allowed ✓ Near Bus Route <input type="checkbox"/> NO Elevator or Lift <input type="checkbox"/> NO Age Limit but 55+ preferred
<p>Other Comments: Member of Okanagan Private Supportive Living Association (OPSLA)</p> <p>Open for 9 years. Dorothy plans activities and takes the residents on regular outings. Please call after 12 noon</p>	

Countryview Home

Phone: 547-9429

<p>Address: 2545 Hwy 6 RR#2 Lumby V0E 2G0</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Marinella d'Errico European Registered Nurse</p> <p>Total Units: 3 rooms plus 1 Respite</p> <p>Cost: \$1000 - \$1500</p> <p>Price varies depending upon services</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & 2 snacks per day ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service ✓ Satellite TV (receivers @ \$8.00 / month) ✓ Utilities (residents share house phone) ✓ On-Site Caretaker ✓ 2 Shared Bathrooms ✓ Very small dog or cat; family has 2 dogs & 2 cats ✓ Monitor in each room/commode for night-time if necessary
<p>Other Comments: Member of Okanagan Private Supportive Living Association (OPSLA)</p> <p>Open for 8 years. 1 mile from Lumby Doctor makes house calls Nail service & hairdresser visits regularly. 1 floor Owner certified Long Term Care Aide Transportation to doctor appointment in Lumby if family unable – also in Vernon Hobby Farm</p>	

Lumby & District Senior Citizen's Housing Society -

Known as: Saddle Mountain Place

Phone: 547-6538

Low cost housing for seniors

<p>Address: 1751 Glencaird Street Box 565 Lumby, BC V0E 2G0</p> <p>Fax: 547-6508</p> <p>e-mail:</p> <p>Contact: Beth Mackie or Judy Gibbs @ 547-9666</p> <p>Total Units: 40</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 150px;">20 Bachelor / Studio</td> <td style="text-align: right;">Cost: \$276</td> </tr> <tr> <td>20 One Bedroom</td> <td style="text-align: right;">\$344</td> </tr> </table> <p>3 are designated handicapped</p>	20 Bachelor / Studio	Cost: \$276	20 One Bedroom	\$344	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ HandyDART available ✓ Transit Bus pick-up in morning; return in afternoon ✓ Rental includes heat & light ✓ Age Limit 55+ ✓ Small Pets Allowed with restrictions + \$150 non-returnable deposit <p><input checked="" type="checkbox"/> NO Children</p> <p><input checked="" type="checkbox"/> NO Services Provided</p>
20 Bachelor / Studio	Cost: \$276				
20 One Bedroom	\$344				
<p>Other Comments:</p> <p>40 garden apartments located near downtown Lumby. Independent Living Small patio off each unit</p>					

PROVIDER PROFILES - ARMSTRONG / ENDERBY / SPALLUMCHEEN

Abbeyfield House – Armstrong

Phone: 546-0223

“To provide a home where elderly people in relatively good health, who may experience loneliness and insecurity, can enjoy the support and comfort of a homelike atmosphere and at the same time keep their independence”

<p>Address: 3725 Wood Ave. Armstrong V0E 1B4</p> <p>Fax:</p> <p>e-mail:</p> <p>Web Site: http://www.abbeyfield.ca</p> <p>Contact: Esther Webb <i>(or the President of Abbeyfield-Armstrong – Patti Ferguson @ 546-3023)</i></p> <p>Total Units: 10 (all one level)</p> <p>Cost: One Bedroom \$985</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals: 2 (lunch & dinner) ✓ Cable TV ✓ Utilities (except phone) ✓ Phones programmed to House Coordinator for emergencies ✓ House Coordinator lives upstairs ✓ Separate Bathroom ✓ Age Limit 65+ <p><input checked="" type="checkbox"/> NO Pets Allowed (house has pets)</p>
<p>Other Comments: Non-Profit</p> <p>Accommodation in a supportive house is only suitable for those who are mentally alert, can manage daily living tasks and can function socially. Abbeyfield is NOT a nursing home. Residents are responsible for all their own personal care, laundry, etc.</p>	

Anne’s Country Care Home:

Phone: 546-4099

Anne Nelson is committed to provide a secure, family home promoting a healthy quality of life

<p>Address: 4886 South Grandview Flats Rd. Armstrong, BC</p> <p>Contact: Anne Nelson</p> <p>Total Units: 3</p> <p>2 Single rooms with shared bath 1 Double room with ensuite</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Secure modern home environment ✓ Can accommodate all nutritional needs and special requirements ✓ Full housekeeping and laundry services ✓ Room for continued interests, hobbies and activities ✓ TV, music and common living room ✓ Large gardening area with orchards and animals on 9 acres of rural land
<p>Other Comments:</p> <p>Anne has extensive training and experience as a registered psychiatric nurse in the geriatric field. She holds current certificates in first aid, CPR and FoodSafe</p>	

Eagle Rock Home

Phone: 546-0560

Care for seniors in a home-like setting. "Home" within a home.

<p>Address: 1609 Eagle Rock Rd. Armstrong, V0E 1B0</p> <p>Fax: 546-9566</p> <p>e-mail:</p> <p>Contact: Arline or Arie Haak</p> <p>Total Units: 3 rooms</p> <p>Cost: \$1200 for room & board \$1200 to \$1400 for care services (dependant upon level of care)</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & 1-2 snacks per day ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service ✓ Satellite TV in Living Room ✓ Music ✓ Utilities (residents share house phone) ✓ On-Site Caretaker ✓ Home Security / always someone available ✓ Share 1 bathroom Commodes in bedrooms for night-time <p><input checked="" type="checkbox"/> NO Pets Allowed (family has a house dog)</p> <p><input checked="" type="checkbox"/> NO Age Limit but 55+ preferred</p>
<p>Other Comments: Member of Okanagan Private Supportive Living Association (OPSLA)</p> <p>Wheelchair accessible with safety bars Home is all ground level Transportation to Dr. can be arranged if resident's family unable for a small fee Opened October 2000, however, was a Family Care Home from 1983 to 1988 under the Long Term Care Program. Arline can provide assistance with dressing, transferring, etc.</p>	

Green Valley Estates

Phone: 546-3933

<p>Address: Armstrong V0E 1B6</p> <p>E-mail: interior@baptisthousing.org</p> <p>Phone: (250) 546-3933</p> <p>Fax: (250) 546-2727</p> <p>Pager: 1-888-324-9622</p> <p>Total Units: 40 1 & 2 bedroom apartments 22 2-bedroom ground level townhouses</p> <p>Cost: from \$539</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Seniors 55+ ✓ Undercover parking ✓ Common Room ✓ Workshop ✓ 24 hour paging system ✓ Coin-operated laundry
<p>Other Comments: Located in the heart of the quiet rural community of Armstrong Within walking distance of a good-sized shopping mall, restaurants, a bowling alley, a walk-in medical clinic, regional library, museum and art gallery, a golf course and churches close by.</p>	

Heather Heights

Phone: 546-8191

Low cost housing for veterans & seniors

<p>Address: 2315 Heather St. Box 97 Armstrong V0E 1B0</p> <p>Fax: 546-2475</p> <p>e-mail:</p> <p>Contact: Legion Office (Spallumcheen Housing Society)</p>	<p>Services Provided:</p> <p>✓ Age Limit 55+</p> <p><input type="checkbox"/> NO Services Provided</p>
<p>Total Units: 18</p> <p>12 Bachelor / Studio</p> <p>6 1 bedroom</p>	<p>Cost:</p> <p>\$196</p> <p>\$292</p>
<p>Other Comments:</p> <p>Rental complex for healthy, mentally alert seniors Veterans preferred Community services are available</p>	

Harmony House

Phone: 546-3109

<p>Address: 9722 Highway 97N Armstrong V0E 1B5</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Osa Drager</p>	<p>Services Provided</p> <p>✓ 3 meals plus snacks</p> <p>✓ Shared bathroom</p> <p>✓ Housekeeping</p> <p>✓ On-Site Caretaker</p> <p>✓ Small pets okay</p>
<p>Total Units: 2 – One Bedroom</p> <p>Cost: \$1400 Price is Negotiable</p>	
<p>Other Comments: Member of the Okanagan Private Supportive Living Association (OPSLA)</p> <p>15 minutes out of town toward Falkland. Must be able to function with at least a walker</p>	

Marshall Meadows

Phone: 838-7375

Country living in a family home

<p>Address: 559 Mable Lake Rd. Enderby V0E 1V4</p> <p>Fax: 838-7020</p> <p>e-mail:</p> <p>Contact: Marlene Marshall</p> <p>Total Units: 3 Cost: \$1375 2 Large rooms with twin beds Cost adjusted based on extra services provided.</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals 3 & 2 snacks ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service ✓ Utilities (residents share house phone) ✓ On-Site Caretaker ✓ Shared bathroom for each 2 people <ul style="list-style-type: none"> <input checked="" type="checkbox"/> NO Age Limit but seniors preferred <input checked="" type="checkbox"/> NO pets <input checked="" type="checkbox"/> Security system but one planned for future
<p>Other Comments: Member of Okanagan Private Supportive Living Association (OPSLA)</p> <p>Room & Board Only</p> <p>3 or 4 miles from Enderby 20 acres in the country complete with animals Can provide transportation at resident's expense Not wheelchair accessible at this time but renovations planned</p>	

Marcie's Xata

Phone: 546-0557

<p>Address: 1264 Otter Lake X Rd. Armstrong V0E 1B6</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Marcie Taylor</p> <p>Total Units: 2 – + suite suitable for couple</p> <p>Cost: Price is Negotiable</p>	<p>Services Provided</p>
<p>Other Comments: Member of the Okanagan Private Supportive Living Association (OPSLA)</p>	

Pioneer Place**Phone: 838-0372***Subsized housing for seniors*

Address: Box 402 Enderby V0E 1V0 Fax: e-mail: Contact: Bernice Hoopfer Total Units: 17 two-bedrooms 7 two bedrooms Cost: \$250 to \$360	Services Provided

Three Links Lodge**Phone: 546-8236***Low cost seniors self-care housing*

Address: #21, 3700 Highland Park Rd. Box 455 Armstrong V0E 1B4 Fax: Contact: Gordon Thompson (Sunset Housing Society) Total Units: 20 14 Bachelor / Studio 6 One Bedroom Cost: \$315 \$345	Services Provided: ✓ On-Site Caretaker ✓ Age Limit 55+ or handicapped ✓ Near Bus Route (1/2 block away) ✓ Level entry; one floor building ✓ Wheelchair units available <input type="checkbox"/> NO Pets Allowed <input type="checkbox"/> NO Services Provided
Other Comments: Must be independent Assistance from outside sources available Doctor's certificate is required	

V I P Place**Phone: 546-6610***Seniors Service Residence*

Address: 1192 Otter Lake X Rd. Armstrong V0E 1B6 Fax: Contact: Pat Vliet Total Units: 3 1 room 1 bedroom with ensuite 1 bedroom with adjoining bath Cost: \$1400 \$1600 \$1600	Services Provided: ✓ Meals 3 & snacks when & as they wish ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service ✓ Utilities (residents share house phone) ✓ On-Site Caretaker ✓ Lift <input type="checkbox"/> NO Age Limit but 55+ preferred <input type="checkbox"/> NO Smoking <input type="checkbox"/> Wheelchair accessible
Other Comments: Member of the Okanagan Private Supportive Living Association (OPSLA) Supportive home environment. Operating since New Year's 1997. Can do bathing assist and personal care as required. Transportation to scheduled Dr. appointment can be arranged	

PROVIDER PROFILES - SHUSWAP

Lester's Lodge

Phone: 832-7435

<p>Address: 1591-12th Ave. SE Salmon Arm V1E 2E2</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Sharon Lester</p> <p>Total Units: Cost: 3 Rooms \$1300 - \$1400</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & 2 snacks per day ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service ✓ Utilities (except phone) ✓ Cable TV ✓ On-Site Caretaker ✓ Intercom in each room ✓ 2 rooms share bathroom; 1 room has ensuite ✓ Pets would be considered with restrictions (has a small dog already) <p><input checked="" type="checkbox"/> NO Age Limit</p> <p><input checked="" type="checkbox"/> NOT near bus route but handy DART available</p>
<p>Other Comments:</p> <p>Transportation to appointments included</p>	

Seniors Sojourn

Phone: 675-3756

<p>Address: 3492 McBride Rd. Blind Bay V0E 1H1</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Diana Betker</p> <p>Total Units: Cost: 3 Rooms \$1375</p> <p>Cost adjusted based on extra services provided.</p> <p>Also has one Respite Bed</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & 2 snacks per day ✓ Housekeeping ✓ Linen Change ✓ Full Laundry Service ✓ Utilities (residents share house phone) ✓ Cable TV ✓ On-Site Caretaker ✓ House security system for bathroom, bedrooms, & doors ✓ 2 rooms share bathroom ✓ 1 larger room & respite room has ensuite ✓ Pets would be considered <p><input checked="" type="checkbox"/> NO Age Limit</p>
<p>Other Comments: Member of Okanagan Private Supportive Living Association (OPSLA)</p> <p>Diana will take to Dr.'s appointments, etc.</p>	

Shuswap Lodge Retirement Residence Phone: 832-7081

Friendly, caring home-link environment located in the heart of downtown Salmon Arm.

A Supportive living facility & Assisted Living services provided through third party care providers.

<p>Address: Box 1540 Salmon Arm V1E 4P6</p> <p>Fax: 832-6753</p> <p>e-mail:</p> <p>Contact: Suzan Wood or Duane Long</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & 2 snacks per day ✓ Housekeeping & laundry ✓ Personal Laundry Service Available ✓ Utilities (except phone), Cable TV & Internet ✓ 24-hour In suite personal emergency response system ✓ Private washrooms ✓ Furnished or unfurnished
<p>Other Comments:</p> <p>~ Only a stroll away from Salmon arm's newest senior center, Centenoka Park Mall, shopping and movie theatres. The friendly staff at Shuswap Lodge will always welcome your family and friends.</p> <p>~ On site medical clinic.</p> <p>~ Organized cultural and social activities.</p>	

Silver View Acres

Phone: 547-2044

<p>Address: 144 Brookfield Road Lumby V0E 2G1</p> <p>Fax:</p> <p>e-mail:</p> <p>Contact: Carol</p> <p>Total Units: 5 Bedrooms</p> <p>Cost: Price is Negotiable</p>	<p>Services Provided</p> <ul style="list-style-type: none"> ✓ 3 meals plus snacks ✓ Shared bathroom ✓ Housekeeping ✓ On-Site Caretaker ✓ Small pets okay
<p>Other Comments: Member of the Okanagan Private Supportive Living Association (OPSLA)</p>	

PROVIDER PROFILES – KELOWNA AREA

Grandview Care Home Inc.

250-491-4474

Home-like atmosphere in Rutland area

<p>Address: 1170 Band Rd. Kelowna (Rutland Area)</p> <p>Fax: 250-491-4474</p> <p>Cell #: 808-5259</p> <p>e-mail:</p> <p>Contact: Julianna Barna</p> <p>15 bedrooms, 7 double and 8 single 9 bedrooms have ensuities</p>	<p>Services Provided:</p> <ul style="list-style-type: none"> ✓ Meals - 3 & 2 snacks per day ✓ Housekeeping on a daily basis ✓ Non-smoking environment inside the home ✓ Wheelchair accessible ✓ 24-hour care ✓ Large 24-person dining room ✓ Laundry service; washing, ironing, mending ✓ Cable-vision in common areas ✓ Telephone service in some rooms and common areas ✓ Activities provided ✓ Medication administration from blister-paks ✓ Blood pressures and blood sugar monitoring available
<p>Other Comments:</p> <ul style="list-style-type: none"> ~ Julianna has a nursing diploma background ~ Julianna can assist residents in English, Croatian and Hungarian ~ Personal care services provided by Kelowna LTC ~ The lounge, kitchen, dining area and speciality bathroom with hospital style walk-in tub is located on the top floor ~ The lower level features 7 more bedrooms, common area lounge, hair salon and laundry facilities 	

Other Adult or Senior Oriented Housing

Alexis Park Manor	549-2770
Bright 1 & 2 bedrooms; renovated, spacious, air conditioned suites; close to bus; park-like settings; clean, well-managed building	
Arbor House	833-3528
Salmon Arm. Licensed by Community Care Facilities Licensing (CCFL) as an Adult Care Facility	
Arlington Apartments	545-7014
Spacious 1 bedroom apartments; senior oriented, air-conditioning; secured parking; near downtown, Schubert Centre & bus stop	
Belmonte Apartments	545-8985
Clean, quiet, 1 & 2 bedrooms, adult oriented building, On-Site Manager, Elevator, fridge/stove; air conditioning; cable included. No Pets. Walk to downtown	
Brentwood Apartments	545-6187 or 503-7977
Spacious & Bright 1 bedroom suite; large patios; laundry facilities on each floor, minutes away from downtown, Schubert Centre, & bus stop. No Pets. Heat included.	
Capri Gardens	549-1600
Downtown location, 1 & 2 bedroom apartments. Start at \$400.00; No pets	
Columbia Apartments	545-1519
Large 1 bedrooms, some with den & 2 bedroom-suites. Near downtown. No pets.	
Evergreen Gardens "Spruce"	549-0440
3800-28A Street, Vernon. 1&2 bedrooms; spacious very clean units; in-suite storage; security building; excellent management; Special rates for seniors	
Hillside Terrace	545-5773
1 & 2 Bedroom suites for rent starting at \$495.00 & 570.00 plus utilities. Large suites with fridge, stove, air conditioning and some dishwashers. Adult oriented. Located across from the new Performing Arts & Recreation Centre. Secured parking. No pets or barbeques.	
Horizon	503-7315
1903-31A St., Vernon. Newly renovated; covered parking, adult/senior building, close to hospital; storage. 2-bedroom \$550-635	
Imperial Court	549-2677
2801-34 th Street, Vernon Bright, secure and impeccably clean 1 & 2 bedroom apartments; Elevator, fridge, stove, dishwasher included; washer/dryer hookups; Air conditioning, patios, No Pets; Adult building	
Maple Ridge Gardens	542-6064 or 558-7339
Situated just one block above the hospital and close to downtown; park-like grounds; secured by alarm systems, immaculate and homey. Secured underground parking if requested. No dogs. One Bedroom (800 sq ft) \$595.00. Two bedroom suites @ \$725.00 (incl. gas heat)	
Morris Manor	542-8989
Seniors Oriented Apartments, bachelor & 1 bedroom suites. Heat included. Downtown across from Schubert Centre	
Northland Apartments	260-1162
4203-32nd St. Vernon Secure adult building, 4 appliances, air-conditioned, elevator, laundry facilities, underground parking, 1 bedroom, starting at \$495.	
Oakside Manor	832-6777
9455 Firehall Frontage Road, Hwy 97B ENDERBY, BC V0E 1V3	
Rickford Manor	545-5773
Large 1&2 bedroom apartments, stove, fridge, dishwasher; Close to bus & shopping	

Valleyview

503-7315

1604-31 St, Vernon. Newly renovated; covered parking, adult/senior building, close to hospital; storage. 2-bedroom \$550-635

Willow Manor

549-3318

1 & 2 bedroom apartments; close to downtown Safeway; heat included.

Please note that this guide is not inclusive. For other possibilities,
contact

Senior's Information Resource Bureau @ 558-0040 or
Okanagan Private Supportive Living Association @ 558-4009.