

**Please let us know if:**

- A phone number has changed or is out of service
- A service is no longer available
- You notice an error or discrepancy
- You know of a service that you would like to have added

Desert Valley Hospice Society  
Supportive Care Center  
22 Jonagold Pl, Osoyoos,  
P.O. Box 1261, Oliver, BC V0H 1T0  
250-495-1590

[programs@desertvalleyhospice.org](mailto:programs@desertvalleyhospice.org)  
NAV-CARE Team

**Donations appreciated to support this program.**



Spring Background 4035402\_960\_720 courtesy of pixabay

# OLIVER & OSOYOOS & OK FALLS

## Community Resources

### Spring & Summer 2021



REV8MAR2021

South Okanagan General Hospital (Oliver Hospital)  
911 McKinney Rd, Oliver BC  
General Enquiries 250-498-5000

Front Desk Ext# 0  
Acute Care Ext# 1  
Lab Ext# 2  
X-Ray Ext# 3  
Physiotherapy Ext# 4  
McKinney Place Ext# 5

Penticton Regional Hospital  
550 Carmi Ave, Penticton BC  
General Enquiries 250-492-4000



22 Jonagold Place, Osoyoos  
250-495-1590

**Note:**

This list was compiled as an information source only. We do not, in any way, endorse or recommend any particular service or business.

**PERSONAL EMERGENCY CONTACTS AND NOTES**

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# PERSONAL EMERGENCY CONTACTS AND NOTES

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## INTERIOR HEALTH CONTACTS

**Acquired Brain Injury** - Sandra at PHC 250-770-3552

### **Community Rehab/Social Work / Integrated Care Coordination**

Oliver 250-498-5080

Osoyoos 250-495-6433

### **COVID-19 (Coronavirus) Assessment Information**

[www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19](http://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19)

### **COVID-19 Symptom Self-assessment Tool (BC)**

[www.covid19.thrive.health/](http://www.covid19.thrive.health/) Unsure? Call HealthLinkBC at 8-1-1

**COVID-19 Seniors Support Line** 2-1-1

### **Diabetes & Chronic Disease Education, Dietician, and Cardiac**

**Wellness Program—To register:** 1-800-707-8550

**HealthLink BC** 8-1-1

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

### **Home and Community Care**

To arrange for Community Care Nursing, Home Support, Rehabilitation, Home Oxygen Program, Lifeline.

Penticton Health Centre - 740 Carmi Ave 250-770-3434

Oliver Health Centre - 930 Spillway Road 250-498-5080

Osoyoos Health Centre - 4816-89th Street 250-495-6433

### **Home Care Nursing**

Oliver 250-498-5075

Osoyoos 250-495-6433

### **Home Support-Scheduling**

Penticton 250-770-3450

Oliver 250-498-5020

Osoyoos 250-495-5142

**Long Term Care —To Register** 1-800-707-8550

Call a Care Manager to have a health care needs assessment completed.

### **Osoyoos Mental Health & Substance Abuse**

250-495-6433 extension 62502

## PERSONAL EMERGENCY CONTACTS AND NOTES

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## OLIVER NON-EMERGENCY NUMBERS

Animal Control (report a loose or lost dog)	250.485-6200 ext. 245
British Columbia Ambulance Service 6070 Station Street, Oliver	250.498-4333
Community Paramedic Click on services to see what they offer. Patients are referred by their primary care physician or by a member of their local healthcare team.	<a href="http://www.bcehs.ca">www.bcehs.ca</a>
Oliver Fire Department 9399-346th Street, Oliver	250-498-3332
Oliver Public Works—urgent water, sewer or road issues 250-485-6213 and after hours at 250-498-6335	
Oliver Town Hall General Inquiries	250-485-6200
RCMP 425 Similkameen Avenue, Oliver	250-498-3422

## OSOYOOS NON-EMERGENCY NUMBERS

Animal Control (report a loose or lost dog)	250.495.6515
British Columbia Ambulance Service 14 Eagle Court, Osoyoos	250.495.2147
Community Paramedic Click on services to see what they offer. Patients are referred by their primary care physician or by a member of their local healthcare team.	<a href="http://www.bcehs.ca">www.bcehs.ca</a>
Osoyoos Fire Hall 9901 74th Avenue, Osoyoos	250-495-6515 Email <a href="mailto:fire@osoyoos.ca">fire@osoyoos.ca</a>
Osoyoos Public Works: urgent water, sewer or road issues 250.495.6213 and after hours at 250.498.7676	
RCMP (and the Victim's Assistance Program) 16 Eagle Court, Osoyoos	250.495.7236
Town of Osoyoos General Inquiries Email: <a href="mailto:info@osoyoos.ca">info@osoyoos.ca</a>	250-495-6515

## ACTIVITY & RECREATION

<b>OK Falls Library (ORL Branch)</b> 101-850 Railway Ave, OK Falls	250-497-5886
<b>Oliver Community Centre</b> Main Pool Arena	<a href="http://www.oliverrecreation.ca">www.oliverrecreation.ca</a> 250-498-4985 250-485-0999 250-498-3634
<b>Oliver (South Okanagan Regional) Library</b> Oliver Place Mall: 1400-5955 Main Street, Oliver	250-498-2242 <a href="http://www.orl.bc.ca">www.orl.bc.ca</a>
<b>Oliver Senior Centre Society</b> 5876 Airport Drive , Oliver	250-498-6142
<b>Osoyoos Library (ORL Branch)</b> Sonora Community Centre: 8505 68th Avenue, Osoyoos	250-495-7637
<b>Osoyoos Senior's Centre</b> 17 Park Place, Osoyoos	250-495-6921
<b>Sonora Community Centre</b> 8505 68th Avenue, Osoyoos	250-495-6562 <a href="mailto:recreation@osoyoos.ca">recreation@osoyoos.ca</a>

## CHIROPRACTIC & NATURAL HEALTH

<b>Dr. Christopher Scheuren</b> (chiropractor) 8317 68th Street, Osoyoos	250-495-5431
<b>Natural Family Health Clinic</b> Dr. Tamara Browne #8B 5350 Hwy 97, Okanagan Falls Naturopathic Physician	250-497-6681 <a href="http://www.drtamarabrowne.ca">www.drtamarabrowne.ca</a>
<b>Osoyoos Chiropractic</b> 8127 Main St	250-495-7922
<b>Sunshine Chiropractic &amp; Orthotics-</b> Dr. Brandt Leinor Suite D339 Fairview Rd., Oliver	250-498-3880 <a href="http://www.sunshinechiropractic.ca">www.sunshinechiropractic.ca</a>
<b>Sunshine Valley Family Chiropractic</b> 8507 74th Avenue, Osoyoos Dr. Johnny Cheong and Dr. Brittany Morris	250-495-4810 <a href="http://www.sunshinevalleychiropractic.com">www.sunshinevalleychiropractic.com</a>

## CHRONIC DISEASE MANAGEMENT

<b>ALS Society of BC</b>	1-800-708-3228
<b>Alzheimer's Society</b> Penticton Office Dementia Line	1-888-318-1122 250-493-8182 1-800-936-6033
<b>BC Arthritis</b>	1-800-321-1433 <a href="http://www.arthritis.ca">www.arthritis.ca</a> <a href="mailto:info@arthritis.ca">info@arthritis.ca</a>
<b>BC Cancer Agency</b> Kelowna Office	1-888-563-7773 250-712-3900 <a href="http://www.bccancer.bc.ca">www.bccancer.bc.ca</a>
<b>BC Epilepsy Society</b>	604-875-6704 <a href="mailto:info@bcepilepsy.com">info@bcepilepsy.com</a> <a href="http://www.bcepilepsy.com">www.bcepilepsy.com</a>
<b>Canadian Cancer Society</b> Managing Life with Cancer	1-888-939-333 <a href="http://www.cancer.ca/support">www.cancer.ca/support</a>
<b>Cardiac Health</b> Osoyoos Cardiac Rehab Tues. & Thurs. - 5wk program	1-800-707-8550 250-770-5507
<b>Cerebral Palsy Association BC</b>	1-800-663-0004 <a href="http://www.bccerebralpalsy.com">www.bccerebralpalsy.com</a> <a href="mailto:info@cerebralpalsy.com">info@cerebralpalsy.com</a>
<b>Chronic Disease/Pain Management Program</b> Call for free workshops	1-866-902-3767
<b>COPD (Chronic Obstructive Pulmonary Disease)</b> Call to speak with a Health Service Navigator Toll free in BC 8-1-1 <a href="http://www.healthlinkbc.ca/health-topics/hw32559">www.healthlinkbc.ca/health-topics/hw32559</a>	
<b>Diabetes &amp; Chronic Disease Education, Dietician, and Cardiac Wellness Program</b> - Interior Health Authority To register for the program:	1-800-707-8550

## EMERGENCY NUMBERS

<b>AMBULANCE</b>	<b>911</b>
<b>FIRE</b>	<b>911</b>
<b>FIRE</b>	<b>911</b>
<b>FIRE</b>	<b>911</b>
<b>OK FALLS</b>	<b>911</b>
<b>OLIVER</b>	<b>911</b>
<b>OSOYOOS</b>	<b>911</b>
<b>RCMP</b>	<b>911</b>
<b>OK Falls</b>	<b>911</b>
<b>Oliver</b>	<b>911</b>
<b>Osoyoos</b>	<b>911</b>

## OK FALLS NON-EMERGENCY NUMBERS

Animal Control	250.490-4113
British Columbia Ambulance Service 1475 Fairview Road, Penticton	250.498-2108
Community Paramedic Community Paramedicine Initiative Click on services to see what they offer. Patients are referred by their primary care physician or by a member of their local healthcare team.	<a href="http://www.bcehs.ca">www.bcehs.ca</a>
OK Falls Fire Hall 5013 11th Avenue, OK Falls	250-497-5700
OK Falls Community Services	778-515-5520
RCMP Penticton 1168 Main Street	250-492-4300

## Websites - Education & Information cont'd

**Self-Management Health Coach Program** Toll-free 1-866-902-3767  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca) [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

Through the University of Victoria

Persons with chronic health conditions and family members can participate in the self-management programs offered in communities throughout BC at no cost. These are evidence-based programs that provide information, teach practical skills and give people the confidence to manage their health conditions.

**Speak Up** [www.advancecareplanning.ca](http://www.advancecareplanning.ca)  
All about advance care planning.

**Seniors Abuse & Information Line (SAIL) 1-866-437-1940**  
[www.seniorsfirstbc.ca/programs/sail/](http://www.seniorsfirstbc.ca/programs/sail/)

A safe place for older adults, and those who care about them to talk to a trained intake worker about abuse or mistreatment, receive information and support about issues that impact the health and well being of an older adult.

**Telus WISE Seniors** [www.telus/wise](http://www.telus/wise)  
TELUS Wise® is a free digital literacy education program that offers informative workshops and resources to help Canadians of all ages have a positive experience as digital citizens. TELUS Wise Ambassadors host free, in-person workshops, engaging participants in a discussion about staying safe in our digital world.

## CHRONIC DISEASE MANAGEMENT cont'd

**Diabetes Education** 1-800-707-8550  
Oliver & Osoyoos 250-770-5507

**Dial-A-Dietitian** 1-800-667-3438

**Health Link Nursing Line 24/7** Dial 8-1-1

**Heart & Stroke Foundation** 1-866-432-7833  
Kelowna 250-860-6275  
[www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca)

**Kidney Foundation Canada** 1-800-567-8112  
Burnaby, BC 604-736-9775  
[interior@kidney.bc.ca](mailto:interior@kidney.bc.ca)  
[www.kidney.ca](http://www.kidney.ca)

**Lung Association BC** 1-800-665-5864  
[www.bc.lung](http://www.bc.lung)  
[info@bc.lung.ca](mailto:info@bc.lung.ca)

**MS Society of Canada** 250-762-5850  
[info.okanagan@mssociety.ca](mailto:info.okanagan@mssociety.ca)

**Muscular Dystrophy Society** 1-800-366-8166  
604-732-8799  
[www.muscle.ca](http://www.muscle.ca)  
[info@muscle.ca](mailto:info@muscle.ca)

**Osteoporosis Canada** 1-800-463-6842  
250-861-6880  
[kelowna@osteoporosis.ca](mailto:kelowna@osteoporosis.ca)

**Parkinson's Society BC** 1-800-565-3000  
[www.parkinson.bc.ca](http://www.parkinson.bc.ca)  
[info@parkinson.bc.ca](mailto:info@parkinson.bc.ca)

## CLEANING & ERRANDS (PRIVATE HIRE)

**Better at Home (Desert Sun Counselling & Resource Centre)**  
Transportation, House Cleaning, Yardwork 250-495-6925  
[bah@desertsun.ca](mailto:bah@desertsun.ca)



## CLEANING & ERRANDS (PRIVATE HIRE) cont'd

**Boots n Flannel Window Cleaning** 250-300-0506  
Windows, eavestroughs/gutters. [windowcleaning@bootsnflannel.com](mailto:windowcleaning@bootsnflannel.com)

**Just Like Family Home Care** 250-215-2477  
Personal care, companionship, Home Support inc. meals, cleaning, drive to medical appointments, laundry. [www.okanagan@justlikefamily.ca](http://www.okanagan@justlikefamily.ca)

**Meredith Essler** (call evenings/weekend) 250-770-0313  
Cleaning, changing linens, window washing, packing, house sitting.

**Pane Management Window Cleaning** 250-408-4336  
[panemanagement2013@gmail.com](mailto:panemanagement2013@gmail.com)

## COUNSELLING

**Desert Sun Counselling & Resource Centre**  
Adult, Youth & Child Counselling. Parent Supports, SOK Safehome, Woman's Crisis Line. Men's Shed [www.desertsuncounselling.ca](http://www.desertsuncounselling.ca)  
Oliver 762 Fairview Rd 250-498-2538  
Osoyoos 8701 Main Street 250-498-2538

**Desert Valley Hospice Society** 250-495-1590  
22 Jonagold Place, Osoyoos [www.desertvalleyhospice.org/](http://www.desertvalleyhospice.org/)  
Grief and Bereavement support, Palliative and Dementia support, Advance Care Planning, Wellness Check-in calls, Caregiver support.

**Holly Beth McLean PhD Psychologist** 604-518-7485  
7611 Spartan Drive, Osoyoos [www.drhollymclean.com](http://www.drhollymclean.com)

**Joyce Steeves Counselling MA CCC CAC** 844-241-5658  
#6—8319 Main St. Osoyoos [www.joycesteeves.com](http://www.joycesteeves.com)  
Counselling anxiety, depression, trauma, PTSD, grief and life crises.

**MagiCore Counselling** 250-495-0500  
8319 Main St, Suite #6, Osoyoos [www.magicore.ca](http://www.magicore.ca)  
Karen Goodfellow Herman Commandeur  
Relationship counselling, depression, anxiety, loneliness, life transitions, personal and practical support.

**Soul Centered Counselling & Holistic Services** 778-531-8800  
Rebekah Humphrey Counsellor RTC  
Oliver and Osoyoos [www.soulcenteredlife.org](http://www.soulcenteredlife.org)

## Websites - Education & Information cont'd

**Desert Valley Hospice Society** [www.desertvalleyhospice.org](http://www.desertvalleyhospice.org)  
Grief and Bereavement support, Palliative and Dementia support, Advance Care Planning, Wellness Check-in Calls, volunteer programs, assistance with navigating community services and healthcare.

**Family Caregiver of BC** 1-877-520-3267  
Caregivers Support Line [www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)

**Happipad** 1-778-760-4511  
Rent Your Spare Room [www.happipad.com](http://www.happipad.com)

**Health Canada Drug Products** [www.canada.ca/en/health-canada/services/drugs-health-products/drugProducts](http://www.canada.ca/en/health-canada/services/drugs-health-products/drugProducts)

**Health Canada Natural & Non-Prescription Products**  
[www.canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription](http://www.canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription)

**HealthLink BC** [www.healthlinkbc.ca](http://www.healthlinkbc.ca)  
Non-emergency health information and advice in British Columbia.

**Interior Health** [www.interiorhealth.ca](http://www.interiorhealth.ca)  
Integrated healthcare programs & services across BC's Southern Interior.

**Interior Health Advance Care Planning** [www.interiorhealth.ca/YourCare/PalliativeCare/ToughDecisions/Pages/Advance-Care-Planning.aspx](http://www.interiorhealth.ca/YourCare/PalliativeCare/ToughDecisions/Pages/Advance-Care-Planning.aspx)  
Information about Advance Care Planning

**NIDUS Personal Planning** [www.nidus.ca](http://www.nidus.ca)  
Non-profit charitable organization helping people make and register Representation Agreements and learn about other legal planning documents.

**Office of the Seniors Advocate BC**  
Call toll-free: 1-877-952-3181 [www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)  
Have issues accessing health services? Have issues with the health care you received? Call to receive advice for timely resolution of problems.

**Public Guardian and Trustee of BC** [www.trustee.bc.ca/services/services-to-adults/Pages/personal-planning.aspx](http://www.trustee.bc.ca/services/services-to-adults/Pages/personal-planning.aspx)  
A range of services for adults who may need help managing their affairs, including Consent to Health Care, and other personal planning.



## Websites - Education & Information

### Ability 411—Technology and Equipment for Seniors

[www.ability411.ca](http://www.ability411.ca)

A web-based service that provides practical information about assistive technologies and equipment to BC seniors such as computers, phones, mobility devices, devices for wandering patients and Alzheimer's.

### Assured Living - In Home Wellness Monitoring Systems

[www.bestbuy.ca/assuredliving](http://www.bestbuy.ca/assuredliving)

Wellness monitoring technology designed to empower older adults to live life to the fullest, while giving caregivers peace of mind and allowing them to stay connected with loved ones from anywhere.

### BC Cancer [www.bccancer.bc.ca/health-info/coping-with-cancer/advance-care-planning](http://www.bccancer.bc.ca/health-info/coping-with-cancer/advance-care-planning)

Advance care planning and choosing the people you want to make decisions for you, if you are unable to make decisions yourself.

### BC Centre for Palliative Care [www.bc-cpc.ca/cpc/acp](http://www.bc-cpc.ca/cpc/acp)

Established in 2013 to support BC's end-of-life care action plan.

### BC Hospice Palliative Care Association [www.bchpca.org](http://www.bchpca.org)

Not-for-profit, membership organization, representing individuals and organizations committed to hospice/palliative care.

### BC Housing Adaptations for Independence (HAFI)

[www.bchousing.org/hafi](http://www.bchousing.org/hafi)

Go here to download application forms. If eligible, you could receive a grant for up to \$17,500 for eligible adaptations.

### BC Ministry of Health [www2.gov.bc.ca/gov/content/health](http://www2.gov.bc.ca/gov/content/health)

Search keywords: end of life care, palliative care, advance care planning.

### CAD Anti-Fraud Centre

1-888-495-8501

Information on fraud and identity theft, past and current scams affecting Canadians. [www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca)

### Canadian Hospice Palliative Care Association [www.chpca.net](http://www.chpca.net)

Directory provides information on the availability of hospice palliative care services across Canada.

### Canadian Virtual Hospice [www.virtualhospice.ca](http://www.virtualhospice.ca)

Information and support on palliative and end of life care, loss and grief.

## DENTISTS

**Henning Emergency Clinic of Kindness** - Penticton 1-778-476-2050  
Low-income, emergency dental care [www.henningkindnessclinic.ca](http://www.henningkindnessclinic.ca)

**Dr. Daniel Ng** 250-498-2646  
1-9715 348th Avenue, Oliver (supports Healthy Kids Program)

**Oliver Dental Care** - Dr. Jordan Noffle 250-498-2323  
34872 97th Street, Oliver

**Osoyoos Dental Centre** 250-495-6144  
8524 Main Street, Osoyoos [www.osoyoosdentalcentre.com](http://www.osoyoosdentalcentre.com)

**Southern Okanagan Family Dental** - Dr Lance Huber 250-498-2220  
6050 Main St, Oliver [www.southernokanaganfamilydental.com](http://www.southernokanaganfamilydental.com)

**Sun Valley Dental Centre** -Dr. J. Bartsch 250-495-2393  
1-6511 Main Street, Osoyoos [www.sunvalleydental.com](http://www.sunvalleydental.com)

## DENTURISTS

**Community Denture Centre Ltd** 250-498-3858  
34478 97th Street, Oliver [www.communitydenturecentre.com](http://www.communitydenturecentre.com)

**Gonzalez Denture Clinic** - Maria Gonzalez 250-495-6922  
8522A Main Street, Osoyoos

## DOCTORS - OK Falls

**Okanagan Falls Medical Clinic - OK Falls** 250-497-8703  
5205 9th Ave, Okanagan Falls  
Dr. Andrew Robertson Dr. T Murphy

## DOCTORS - Oliver

**Bridgeside Medical Centre - Oliver** 250-498-2232  
291 Fairview Rd #107, Oliver  
Dr. Ansunette de Vries Dr. Elzann de Witt  
Dr. Negar Hafizi Dr. Kevin Hill  
Dr. Claire Kuzmochka Dr. Margaret Myslek  
Dr. Madia Smallwood

## DOCTORS - Oliver cont'd

**Family Health Clinic** - 6173 Kootenay Street, Oliver 250-498-3418  
Dr. Steven Evans      Dr. Kirk Dixon  
Dr Thomas P Francis

**Dr. A. Mark Hamilton** - 348th Ave, Oliver 250-498-3488

**NK'MIP Resource Centre, Health Centre** 250-498-6935  
1165 SenPokChin Blvd, Oliver [www.oib.ca/community/](http://www.oib.ca/community/)  
Walk-in Centre Tues 4-7pm; Thurs 130-430pm

## DOCTORS - Osoyoos

**Desert Doctors' Clinic** - 8305 78 Ave, Osoyoos 250-495-6565  
Dr. Kristin Burles      Dr. Matthys DeVries  
Dr. Pardeep Dhillon      Dr. Garnett Tarr

**Osoyoos Medical Center** - 7802 Spartan Dr, Osoyoos 250-495-2661  
Dr. Jaco Bellingan      Dr. Robert Calder  
Dr. Lorraine Kane      Dr. Jayden McIntyre

## BABYLON BY TELUS HEALTH

Babylon by TELUS Health lets you see a doctor, mental health counsellor or dietitian or get prescriptions or referrals **from your phone**. Doctor consultations for BC residents are covered under the Medical Services Plan (MSP).

Hours of Operation: Mon - Fri 8am - 10pm; Sat/Sun 8am - 6pm

[www.telus.com/en/bc/health/personal/babylon](http://www.telus.com/en/bc/health/personal/babylon)

Step One: Download the app from the App Store or Get it on Google Play.

Step Two: Register for your free account.

Step Three: Schedule a doctor appointment.

## DOCTORS WAIT LIST:

### **South Okanagan Similkameen Primary Care Patient Attachment List (PAL)**

#### **South Okanagan Similkameen Division of Family Practice**

You must register to get on a Doctors wait list.

Step One: Click on the Patient Attachment List button.

Step Two: Click on the words Click Here to Register.

Step Three: Read through and follow their instructions.

[www.divisionsbc.ca/south-okanagan-similkameen](http://www.divisionsbc.ca/south-okanagan-similkameen)

## VETERANS cont'd

**Service Canada Centre** 1-800-622-6232  
386 Ellis St, Suite 101, Penticton, BC [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

**Veterans Affairs Canada** 1-866-522-2122  
Penticton Office: 60 Nanaimo Ave W. [www.veterans.gc.ca](http://www.veterans.gc.ca)

## WOMEN'S SERVICES

**ONTA First Nations Safe House** 250-493-4902

**Options for Sexual Health Clinic** 1-800-739-7367  
Tues & Thurs 6 pm- 8 pm. By appointment only. [www.optbc.org](http://www.optbc.org)

Clinic held at the Penticton Foundry (501 Main Street) until further notice.

Confidential, unbiased, and non-judgmental services open to all ages. Offers low-cost birth control, pap testing, STD testing/ counselling, pregnancy testing/counselling.

**Penticton & Area Women Centre** 1-866-493-6822  
Legal advocates and more 250-493-6822  
[www.pawc.ca](http://www.pawc.ca)

### **SOK Safehome Project & Women's Crisis Line**

Temporary shelter & basic necessities for women/children who are being victimized. **Safe House - Available 24/7** **250-485-7777**

**South Okanagan Victim Assistance Society** 250-493-0800 Ext. 203

**South Okanagan Women In Need Society and  
Women's Transition Housing** 1-800-814-2033  
or 250-493-7233

## TRANSPORTATION cont'd

**Masonic Freemasons** 1-800-299-0188  
Volunteer Driver to Cancer Clinics for Patients

### Mountain Man Mike's Bus Service

Transport between Vancouver and Kaslo BC. Pickup or drop-off at Husky Station 9206 97th Street Osoyoos.  
Kaslo to Vancouver route Saturdays 11:40am.  
Vancouver to Kaslo route Sundays at 12:30pm.

**Oliver Taxi** 250-498-0022  
250-535-1122

**Osoyoos Taxi** 250-495-7004

**South Okanagan-Similkameen Transit & Handydart** 250-495-8054  
Call to schedule. Open Mon.-Thurs. 9 am - 12 noon

**Social Planning & Research Council of BC (SPARC)** 604-718-7744  
Parking permits for people with permanent or temporary disabilities.  
Application forms through ICBC, your doctor or [www.sparc.bc.ca](http://www.sparc.bc.ca)

## TRAVEL HEALTH SERVICES

### Interior Health

Public health centres in Interior Health do not provide travel health services. These services and vaccines are offered by private providers and some family physicians. There is a fee for these vaccines and services as they are not covered by BC's provincial health plan.

**London Drugs Travel Clinic - Penticton** 250-487-3340  
Cherry Lane Shopping Centre [www.ldtravelclinics.com](http://www.ldtravelclinics.com)

**Travel Medicine and Vaccination Centre** 1-888-288-8682  
383 Ellis St, #301, Penticton [www.tmvc.com](http://www.tmvc.com)

## VETERANS

**Bureau of Pensions Advocates** 1-877-228-2250  
60 Nanaimo Ave W., Penticton  
Nation-wide, semi-independent law firm within Veterans Affairs Canada  
[www.veterans.gc.ca/eng/veterans-rights/how-to-appeal/bureau-pensions-advocates](http://www.veterans.gc.ca/eng/veterans-rights/how-to-appeal/bureau-pensions-advocates)

## EYE CARE

**Apex Optometry** 250-493-2552  
462 Main St, Penticton [www.apexoptometry.ca](http://www.apexoptometry.ca)

**Aroga Technologies - Cheryllee Staaf** 1-800-561-6222  
In-home consultations for low-cost vision aides.

**CNIB (Canadian National Institute for the Blind)** 1-800-563-2642  
#101-1456 St. Paul Street, Kelowna 250-763-1191

**Dr. Specs Optical** 250-492-5550  
1301 Main St #417, Penticton [www.drspesopticalpentiction.ca/](http://www.drspesopticalpentiction.ca/)

**FYI Doctors** 250-495-2020  
36511 Main St Osoyoos, BC [www.fyidoctors.com](http://www.fyidoctors.com)

**Grapevine Optical** 778-439-3003  
6268 Main St, Oliver [www.grapevineoptical.com](http://www.grapevineoptical.com)

**Visions One Hour Optical** 250-492-8997  
Cherry Lane Shopping Centre, Penticton [www.visionsoptical.biz](http://www.visionsoptical.biz)

**WalMart Vision Centre** 250-493-8396  
275 Green Ave, Penticton

## FOOD - GROCERIES

**AG Foods - 8130 Main St, Osoyoos** 250-495-6818  
Phone orders Thurs/Sat 8am-8pm. Min order \$25. \$5 delivery fee.

**Better at Home (Desert Sun Counselling & Resource Centre)**  
Grocery shopping services 250-495-6925  
[bah@desertsun.ca](mailto:bah@desertsun.ca)

**Buy Low Foods**  
Oliver—5717 Main St 250-498-6440  
Delivery on Weds. In town \$5 delivery charge, outside \$10.

Osoyoos—9129 Main St 250-495-5355  
Phone orders or early am shopping for delivery before noon.

**O'L Mother Hubbard** 250-408-4990  
Local grocery shopping services, delivery to door, and put away if requested. Costco runs. Oliver, Osoyoos and OK Falls.  
\$20 fee for seniors. [pellielyn@hotmail.com](mailto:pellielyn@hotmail.com)

## FOOD - GROCERIES cont'd

**Kevin's No Frills** - 5555 Main St, Oliver 250-485-4601  
Open 8am-9pm everyday. No delivery

**Food Bank - Oliver** 250-535-0566  
6047 Station Rd., Oliver. Weds. only 9-11 am. Not on Cheque Day

**Food Bank - Osoyoos** 250-495-6581  
6210 97th St, Osoyoos (Osoyoos Baptist Church) Tues—Thurs 9-12.

## FOOD - MEAL SERVICES

**Better Meals** \$10 each. Min order \$50.00 1-888-838-1888  
Frozen meals delivered once per week 604-299-1877  
Low sodium, diabetic/weight control, pureed, or full course meals.

**Dinners At Home** 250-485-4355  
South Okanagan General Hospital frozen meals. Pick-up Thurs 9 – 11am.

**Meals On Wheels in Oliver only: Delivered 11:30am—1pm**  
Hot meals 3-6 days/week Ruth 250-485-0300  
No Sunday delivery Carol 250-498-2362

**Perogy Lady** (Marilyn Yacishyn) 250-485-8792  
Microwave dinner combos, perogies, cabbage rolls, borscht etc. Full menu on Oliver, Osoyoos, Oroville Loops. [yakmom@gmail.com](mailto:yakmom@gmail.com)

**Souperime Food for the Soul** 250-408-5756  
Frozen soups. Monthly subscriptions avail. Pickup at Oliver Eats or delivery to Osoyoos Tues 430-6pm; Oliver Wed 430-6pm. Closed May—Sept. Menu is on Facebook.

## FOOT CARE (PRIVATE HIRE )

**Desert Soles** - Gwen Wilkinson LPN 250-485-2892  
Advanced Foot Care Nurse. Serving Oliver & Osoyoos

**Mary Tulk RN** -Penticton and region foot care services. 250-490-8370

**Nursing Naturally** - Sandra Shaw RN 250-689-2743  
Holistic nurse clinician specializing in foot and nail care.

**Okanagan Footworx** - Dawn MacRae 250-689-0156

## SUPPORT ASSOCIATIONS & SERVICES (cont'd)

**Spinal Cord Injury BC** 1-800-689-2477  
Offers free support for people with Spinal Cord Injury

**SO Association for Integrated Community Living** 250-498-0309  
Inclusion for people with disabilities [www.soaicl.bc.ca](http://www.soaicl.bc.ca)

**The Painted Chair** - 5857 Sawmill Rd, Oliver 250-498-3003  
Furniture store in Oliver. Supported by Hovanes Community Services.  
[www.facebook.com/thepaintedchairBC/](http://www.facebook.com/thepaintedchairBC/)

## TRANSPORTATION

**Better at Home (Desert Sun Counselling & Resource Centre)**  
Wheelchair van 250-495-6925

**Community Living Assistance & Companionship** 250-498-9801  
Louise Barbieri - driving to hair and doctor appointments.

**Golden Lifestyles Senior Support Services** 250-498-7489  
Transportation for grocery shopping, errands

**Highway to Healing** 250-498-7811  
Assisting families in the communities of Oliver, OK Falls and Osoyoos who have children requiring medical care that is not available locally. Provide financial support or direct help. [Highwaytohealing.org](http://Highwaytohealing.org)

**Inter- Facility Transport** 1-250-860-0682  
Non-emergency transport from Oliver as far as Kamloops. Stretcher or wheelchair transport, for doctor appointments, long distance or airport transfers. Must book 2-3 weeks in advance. During COVID we are doing stretcher transport ONLY. [www.inter-facilitytransport.com](http://www.inter-facilitytransport.com)

**Just Like Family Home Care** 250-215-2477  
Personal care, companionship, Home Support inc. meals, cleaning, drive to medical appointments, laundry. [www.okanagan@justlikefamily.ca](http://www.okanagan@justlikefamily.ca)

**Life Support Transport** North America: 1-855-661-2389  
International: 1-250-821-4975  
Air medical services bringing people back to Canada. Provide critical care transport and medical care on board commercial flights. Ground transfers from BC, AB, Sask, Washington, Oregon or California if flight to Canada is not available. [alert@aeromed.ca](mailto:alert@aeromed.ca)

## SERVICE GROUPS cont'd

<b>Kiwanis Club of Oliver</b>	<a href="http://www.oliverkiwanis.org">www.oliverkiwanis.org</a>
<b>Kiwanis Market</b> - Oliver: 5992 Sawmill Rd.	250-485-0242
<b>Lions Club of OK Falls</b>	<a href="http://www.e-clubhouse.org/sites/okfalls">www.e-clubhouse.org/sites/okfalls</a>
<b>Rotary Club of Oliver</b>	<a href="http://www.portal.clubrunner.ca/828">www.portal.clubrunner.ca/828</a>
<b>Rotary Club of Osoyoos</b>	<a href="http://www.portal.clubrunner.ca/830">www.portal.clubrunner.ca/830</a>
<b>Royal Canadian Legion</b>	
Oliver	250-498-3868
Osoyoos	250-495-7447
OK Falls	250-497-8338
<b>South Okanagan Immigrant &amp; Community Services</b>	250-498-4900
340 Ellis St, Penticton	

## SUPPORT ASSOCIATIONS & SERVICES

<b>BC Coalition of People with Disabilities</b> Vancouver	1-800-663-1278
<a href="http://www.bccpd.bc.ca">www.bccpd.bc.ca</a>	<a href="mailto:feedback@bccpd.bc.ca">feedback@bccpd.bc.ca</a>
<b>Brain Injury Society &amp; Housing</b> - Penticton, BC	250-490-3912
Monday to Friday 8:30 - 4:30	<a href="http://www.sosbis.com">www.sosbis.com</a>
<b>Community Living BC</b>	Toll-free 877-660-2522 or 250-487-4436
Support for adults with developmental delays, autism, or FAS.	<a href="http://www.communitylivingBC.ca">www.communitylivingBC.ca</a>
<b>Hovanes Community Services Ltd.</b>	250-498-3003
948 McKinney Rd, Oliver	<a href="http://www.hovanescommunityservices.com">www.hovanescommunityservices.com</a>
Community living services for youth & adults with diverse abilities	
<b>OneSky Community Resources</b>	250-492-5814
330 Ellis St, Penticton	<a href="http://www.oneskycommunity.com">www.oneskycommunity.com</a>
<b>Penticton Access Centre Society</b>	250-493-6822
304 Martin St #209, Penticton	<a href="http://www.accesscentre.org">www.accesscentre.org</a>
Advocacy, Resources, Legal, Referrals	
<b>Penticton &amp; District Hospice Society Bereavement Resource Centre</b>	
129 Nanaimo Ave, Penticton	250-490-1107

## FUNERAL HOMES & CREMATION

<b>Credible Cremation Services Ltd</b>	250-493-3912
1960 Barnes St, Penticton	<a href="http://www.crediblecremation.ca">www.crediblecremation.ca</a>
<b>Memorial Society of BC</b>	1-888-816-5902
Helping members plan simple, dignified, affordable funerals.	<a href="http://www.Memorialsocietybc.org">www.Memorialsocietybc.org</a>
<b>Nunes--Pottinger Funeral Service &amp; Crematorium</b>	250-498-0167
5855 Hemlock St, Oliver	<a href="http://www.nunes-pottinger.com">www.nunes-pottinger.com</a>
<b>Simple Cremation by Graham Funeral Home</b>	250-498-3833
5920 Kootenay St, Oliver	<a href="http://www.grahamfuneralhome.ca">www.grahamfuneralhome.ca</a>

## HEARING

<b>Beltone Hearing Clinic</b>	<a href="http://www.beltone.ca/okanaganbeltone/">www.beltone.ca/okanaganbeltone/</a>
Oliver - 6053 Main St	250-498-4544
Osoyoos - 8303 78 Ave	250-495-1109
<b>Expert Hearing Solutions</b>	<a href="http://www.experthearingsolutions.com/">www.experthearingsolutions.com/</a>
Oliver - 135-5717 Main St	250-498-2966
Osoyoos - 105-8309 Main St	250-495-7008
<b>Sound Advice Mobile Hearing Clinic</b>	778-531-5213
Will travel to you. Call and book a consultation.	<a href="http://www.sahearing.ca">www.sahearing.ca</a>
In Osoyoos the first and third Tues of every month.	
<b>Western Institute for the Deaf and Hard of Hearing, Vancouver, BC</b>	1-888-736-7391
	<a href="mailto:info@widhh.com">info@widhh.com</a>

## HOUSING

<b>BC Housing – Housing Registry</b>	1-800-834-7149
Penticton Office	250-493-0301
Centralized database to apply.	<a href="http://www.bchousing.org">www.bchousing.org</a>
<b>BC Housing - Shelter Aide For Elderly Persons</b>	1-800-257-7756
Penticton, BC	250-493-0301
Subsidy for eligible BC Residents over 59 who pay rent.	
<b>Elk's Golden Villa</b> - 5 Jonagold Place, Osoyoos	250-495-6666
Private Pay - Independent Living	



## HOUSING cont'd

- Heritage House Assisted Living - Oliver** 250-498-0622  
409 Salamander Ave, Oliver [www.heritagehouse-al.com/](http://www.heritagehouse-al.com/)  
Private Pay & Funded
- Mariposa Gardens Retirement and Care Community- Osoyoos** 250-495-8124  
8816 97 Street, Osoyoos  
Private pay & funded. [www.siennaliving.ca](http://www.siennaliving.ca)  
Independent and Assisted Living, Residential Care
- McKinney Place Residential Care Facility** 250-498-5040  
911 McKinney Rd, Oliver  
Interior Health facility located adjacent to the South Okanagan  
General Hospital.
- Men's Shelter - Penticton** 250-490-9521  
Compass House - Salvation Army Penticton  
[www.bchousing.org/option/emergency\\_housing](http://www.bchousing.org/option/emergency_housing)
- Ministry of Social Development** 1-866-866-0800  
Mon – Fri 9am – 4pm. Closed Stat. Holidays  
  
Income assistance for people unable to fully participate in the workforce.  
Help for transition from income assistance to sustainable employment.  
[www.hsd.gov.bc.ca/bcea.htm](http://www.hsd.gov.bc.ca/bcea.htm)
- Oliver Kiwanis Senior Citizens Housing Society** 250-498-4685  
6012 Kootenay St #200, Oliver  
Private Pay [www.oliverkiwanis.org/kiwanis-housing/](http://www.oliverkiwanis.org/kiwanis-housing/)
- Rental Assistance Program** 1-800-257-7756  
Rent payment cash assistance for eligible low-income, working families.  
[www.bchousing.org/options/rental\\_market](http://www.bchousing.org/options/rental_market)
- Sunnybank Centre - Oliver** 250-498-4951  
543 Fairview Rd, Oliver  
Interior Health Residential Care Facility
- Sunshine Ridge Retirement Residence - Osoyoos** 250-495-2520  
9107 Main St, Osoyoos [www.sunshineridgeosoyoos.com](http://www.sunshineridgeosoyoos.com)  
Private Pay

## PHARMACIES (cont'd)

- Oliver Remedy's Rx** 250-485-4007  
291 Fairview Rd #105, Oliver [www.remedys.ca](http://www.remedys.ca)  
Sells medical supplies, mobility items. Mon - Fri 9:30-5:30, Sat 9 - 3:00
- Shoppers Drug Mart** [www.shoppersdrugmart.com](http://www.shoppersdrugmart.com)  
Oliver: 5955 Main St #1100 250-498-3663  
Osoyoos: 8305 Main St 250-495-6055  
Rental items with note from physician to pharmacy

## PHYSIOTHERAPY & MASSAGE THERAPY

- Oliver Physiotherapy** 250-485-7124  
471 Fairview Rd, Oliver [www.oliverphysiotherapy.ca](http://www.oliverphysiotherapy.ca)
- Osoyoos Massage Therapy - Greg Inkster RMT** 250-495-2733  
8317 68 Ave, Osoyoos [www.osoyoosmassagetherapy.com](http://www.osoyoosmassagetherapy.com)
- Park Drive Registered Massage Therapy** 250-498-5417  
6467 Park Dr, Oliver
- South Okanagan Massage Therapy**  
Osoyoos: 8127 Main St 778-437-2117  
Oliver: 6378 Main St 778-439-2329
- South Okanagan Physiotherapy and Active Wellness Centre**  
Osoyoos: 8301 78 Ave 250-495-2225  
Oliver: 103-291 Fairview Rd 250-498-2202  
Offer physio and massage therapies, acupuncture, Aging with Balance  
class, Joints in Motion class. [www.southokanaganphysio.com](http://www.southokanaganphysio.com)

## SENIOR CENTRES

- Oliver Seniors Centre Society** 250-498-6142  
5876 Airport Rd., Oliver [www.oliverseniorcentre.com](http://www.oliverseniorcentre.com)  
Mon to Sat 10:00 – 3:00
- Osoyoos Seniors Centre Society** 250-495-6921  
17 Park Place, Osoyoos [www.sochamber.ca](http://www.sochamber.ca)

## SERVICE GROUPS

- Elks of Canada - Oliver:** 477 Banks Ave 250-498-3808  
**Elks of Canada - Osoyoos:** 8506 92nd Ave 250-495-6416  
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## OXYGEN & RESPIRATORY

**Independent Respiratory Services (IRS)** 1-877-965-6024  
In Penticton at 2504 Skaha Lake Rd. In Oliver at 291 Fairview Rd.  
Sleep apnea and home oxygen therapy. By appointment only

**VitalAire Health Care** 3373 Skaha Lake Rd, Penticton 1-800-637-0202  
Home Oxygen, sleep apnea tests, CPAP supplies. By appointment only.

## PERSONAL CARE (PRIVATE HIRE)

**Bayshore Home Health** 250-717-7528  
3001 Tutt St #210, Kelowna (serving Oliver as well) 1-877-717-7528  
Direct bill DVA - Self referral

**CBI Home Health Services** 250-493-6693  
3310 Skaha Lake Rd, Penticton [www.cbi.ca](http://www.cbi.ca)  
Home Care Aides, footcare, OT/PT. Also serving Oliver and Osoyoos

**Gallagher Lake Helping Hands** Oliver, OK Falls 1-778-439-2083  
Kat - caregiver offering non-medical services.

**Just Like Family Home Care** 250-215-2477  
Personal care, companionship, Home Support inc. meals, cleaning, drive  
to medical appointments, laundry. [www.okanagan@justlikefamily.ca](http://www.okanagan@justlikefamily.ca)

**Nurse Next Door** - DVA preferred provider Toll-free 1-888-988-5880  
Oliver and Osoyoos [www.nursenextdoor.com](http://www.nursenextdoor.com) 250-488-8586  
Personal Care, Foot Care, Wound Care, Palliative Care, Live In Care.

**Sharon's Care Services** Serving Oliver to Penticton. 250-770-0497  
Care and Transportation

## PHARMACIES

**Penticton Regional Hospital - Pharmacy** 250-492-4000 ext. 2624  
550 Carmi Ave, Penticton

**PharmaCare for BC Residents** 1-800-663-7100  
HIBC administered. Mon to Fri 8-8pm; Sat 8-4pm.

**PharmaSave** [www.pharmasave.com](http://www.pharmasave.com)  
Oliver: 6323 Main St 250-498-2830  
Osoyoos 8301C 78 Ave 250-495-7424  
Rent or purchase mobility equipment. Mon - Fri 9:00 - 6:00

## LABS & BLOOD COLLECTION

**South Okanagan General Hospital - Lab** 250-498-5015  
911 McKinney Rd, Oliver  
Mon—Fri 7:30—2:00pm. Closed on Stat holidays.

**Valley Medical Laboratories** 250-495-2677  
9150 Main St #2, Osoyoos [www.valleymedicallaboratories.com/](http://www.valleymedicallaboratories.com/)  
Mon—Fri 7:30—3:00pm. Closed on Stat holidays

## LAWYERS & NOTARIES & TRUSTEES

**Dewar Law Office** 778-439-2388  
125-5717 Main St, Oliver [www.dewarlawoffice.com](http://www.dewarlawoffice.com)  
Janice M Dewar LLB

**Gordon & Young** 250-495-6508  
8309 Main St, Osoyoos

**Greg Litwin, Notary Public** 250-770-8888  
444 School Ave, Oliver [www.greglitwin.com](http://www.greglitwin.com)

**Pearce Schneiderat Lawyers**  
6206 Main St, Oliver 250-498-4561  
8145 Main St, Osoyoos 250-495-2626  
[www.pslawyers.ca](http://www.pslawyers.ca)

**Public Guardian Trustee** - Government of BC 1-800-663-7867

**Sage Hill Law** 778-789-5678  
6237 Main S, Oliver  
[www.sagehilllaw.com](http://www.sagehilllaw.com)

## MENTAL HEALTH & ADDICTIONS

**Adult Abuse Reporting Line** - Interior Health 1-844-870-4754

**Al-Anon & Al-Teen** - Info Line 250-490-9272

**Alcohol & Drug Counseling Pathways** 250-492-0400  
Youth and Adult Programs [www.pathwaysaddictions.ca](http://www.pathwaysaddictions.ca)



## MENTAL HEALTH & ADDICTIONS cont'd

- Alcoholics Anonymous**  
Info Line (Penticton & area) 250-490-9272
- Bateman House, Oliver** Interior Health 250-485-0043  
538 Fairview Rd, Oliver  
Adult short-term assessment and treatment, community residential programs, geriatric programs, crisis intervention, addictions counselling, after-hours mental health support. Most mental health and substance use services require a physician referral.
- British Columbia Schizophrenia Society** 250-493-7338  
Penticton [bcsspenticton@shaw.ca](mailto:bcsspenticton@shaw.ca)  
A support and education program for family and friends.
- Canadian Mental Health Association** 250-493-8999  
Penticton [www.sos.cmba.bc.ca](http://www.sos.cmba.bc.ca)
- Desert Sun Counselling & Resource Centre** 250-498-2538  
762 Fairview Rd, Oliver [www.desertsuncounselling.ca](http://www.desertsuncounselling.ca)  
Individual/group counselling for adults, youth & children
- Desert Valley Hospice Society** 250-495-1590  
22 Jonagold Place, Osoyoos [www.desertvalleyhospice.org/](http://www.desertvalleyhospice.org/)  
Grief and Bereavement support, Advance Care Planning, Palliative and Dementia support, Wellness Check-in Calls, Caregiver Support.
- Interior Crisis Line** **1-888-353-CARE (2273)**  
Confidential 24/7/365 crisis line [www.peopleinneed.ca](http://www.peopleinneed.ca)
- Kelty Mental Health Resource Centre** 1-800-665-1822  
Child/Youth Mental Health, Eating Disorders for all Ages
- Narcotics Anonymous** 250-490-9215 [www.bcrna.ca](http://www.bcrna.ca)
- Oliver & Osoyoos Mental Health & Substance Use**  
Interior Health 250-495-6433 ext. 62502
- Patient Care Quality Office - Kelowna** 1-877-442-2001
- Senior Abuse and Information Line** 1-866-437-1940
- South Okanagan Victim Assistance Society** 250-493-0800  
For men, women, children experiencing abuse. Toll free 1-888-493-5355
- Suicide Prevention Line** **1-800-784-2433**

## MOBILITY & EQUIPMENT (see also Pharmacies)

- Action Orthotics & Prosthetics** 250-490-3636  
102-197 Warren Ave E, Penticton
- Creative Mobility** 250-492-4435  
113-78 Industrial Ave W, Penticton [www.creativemobility.ca](http://www.creativemobility.ca)
- Dycks Home Medical Supplies - Kelowna** 1-877-803-2288
- HipSaver Canada** 1-888-771-0977  
[www.hipsaver.ca](http://www.hipsaver.ca)
- Knock Out Legs at Your Door**—Cheryl Nevin 604-621-5678  
Compression stockings. Oliver and Osoyoos.
- Interior Health Lifeline Program** toll-free 1-866-755-6111  
South Okanagan Office: 740 Carmi Ave, Penticton  
The program provides emergency response buttons and personal medication dispensers to residents of the South Okanagan, assisting individuals to maintain their independence and remain safe.
- MEDICchair** 1-800-330-2772  
849 - 2nd Ave, Prince George
- OKAPED Inc.** 250-487-1468  
300 Riverside Dr #122, Penticton  
Custom orthotics, compression, braces, diabetic foot care.
- Pharmasave** 250-495-7424  
8301C 78 Ave, Osoyoos  
Bathroom aides, walkers, canes, crutches and more.
- Red Cross - BC Health Equipment Loan Program (HELP)**  
146 Spruce Avenue, Oliver 250-498-6700  
Lending medical & mobility equipment to individuals in need.  
Physician, PT or OT referral required. Open Tues, Thurs or Fri 1 - 3 pm.
- SafeHip and Lighthouse Medical** 1-866-267-3733  
Lighthouse is a rehab and home health care product distributor, including the soft hip protector from SafeHip.  
[www.safehip.ca](http://www.safehip.ca)  
[www.lighthousemedicaltd.com](http://www.lighthousemedicaltd.com)
- Valley Medical Supply** 1-800-665-8258  
437 Martin St #103, Penticton [www.valleymedical.ca](http://www.valleymedical.ca)