

Ćećawet leləm - Helping House Community Health Updates



COVID-19 PANDEMIC INFORMATION

29 July 2020

With Summer here we are all getting a bit tired of the restrictions posed upon us by Covid-19 precautions. However, since the progression to phase 3 of the reopening plan we have seen increased numbers of Covid-19 transmission. If you are following the news, you may have noticed that these new transmissions have often been associated with high risk events or venues, like bars, parties, or other gatherings with high numbers of people.

This update will provide you with coping mechanisms to fight “COVID fatigue” and a summary of measures that will continue to keep us safe.

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Please email communications@twnation.ca or call the Health Centre 604-929-4133 if you have any questions about COVID-19. More resources can be found at www.twnation.ca.

#LetOurNumbersBeZero

Are You Experiencing “Covid-19 Fatigue”?

COVID fatigue is real and it is hitting hard. Fighting it is hard, too. Time for a reality check and time to develop coping skills, which include exercise and talking about our fears and stress.

Reality Check

For the time being, the new abnormal is our new normal. The global COVID-19 pandemic will continue until stopped by public health measures – like staying home when sick, physical distancing, and handwashing - or widespread immunity. Epidemiologists expect ongoing cases worldwide and in BC, in fact, most experts are predicting a second wave in the fall.

The outbreak among the Haida Nation, with 14 confirmed cases, and 86 cases and over 1000 British Columbians in isolation after public gatherings and parties in the Kelowna area, are stark reminders that we need to keep vigilant

COVID-19 is still with us and the risk is still there. We need to continue to be informed to protect ourselves, our families, our Elders, our TWN community, and generations to come.

Fatigued or not, we cannot give up!

Because we are all getting a bit tired of the physical distancing, it is important that we learn how to cope and understand the principles behind the measures we are asked to comply with.

How to cope

Coping is helping ourselves. Coping skills include:

Exercise: It's the No. 1 best thing we can do for coping. Any exercise – even a simple walk – helps. It releases endorphins, gets some of the adrenaline out when the frustration builds up. Just getting out and moving can be really helpful.

Talking: This really helps. Just saying it out loud is important. Find the right places and times, but do it. Ignoring feelings doesn't make them go away. It's like trying to hold a beachball underwater – eventually you lose control and it pops out. You can't control where it goes or who it hits."

Constructive thinking: We may think it is the situation that causes our feelings, but actually, our feelings come from our thoughts about the situation. We can't change the situation, but we can adjust our thinking. Be compassionate with yourself and others. Remind yourself, 'I'm doing the best I can.'

Mindfulness and gratitude: The more you do this, the easier it gets. Try being in the moment. You're right here, in this chair, breathing and looking around. We put ourselves through a lot of unnecessary misery projecting into the future or ruminating about the past. For now, just take life day by day.

Coping can start by just being aware, and by being easy on yourself. We tend to get down on ourselves. But be aware, if you're someone who never cries and suddenly you're in tears, or if small things make you super angry – those are signs you need to reach out and talk to somebody.



COPING WITH STRESS, ANXIETY, AND SUBSTANCE USE DURING **COVID-19**

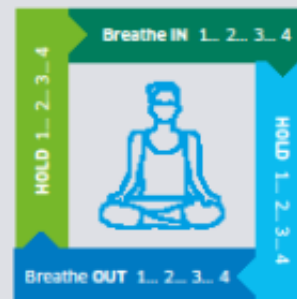
The COVID-19 pandemic has created disruptions in our lives that can cause feelings of stress and anxiety. **These feelings are normal.**

What you'll experience if you're feeling stressed or anxious

- Fear or constant worry
- Anger or being easily irritated
- Difficulty sleeping
- Difficulty concentrating
- Struggling with decisions
- Consuming alcohol, cannabis, or other substances more than usual

Square breathing

This simple exercise can help calm your nervous system and alleviate feelings of anxiety when you're getting overwhelmed.



When you use alcohol, cannabis, or other substances to cope or temporarily relieve stress and anxiety, it may make those feelings worse and increase the risk of developing a substance use disorder.

What you can do to cope

- **Stay active and keep yourself busy** with activities you enjoy.
- **Stay connected** with friends and family while still practising physical distancing.
- **Find balance** by staying informed but know when to take a break from COVID-19 news and topics.
- **Be kind to yourself**, this is a difficult time, and you're doing your best to manage a challenging situation.
- **Take care of your body** by eating and sleeping well, exercising, and meditating.
- **Reach out for help!** Talk to a family member or friend, and seek professional support if needed.

If you use substances

- 1 Monitor your use: pay attention to its frequency and context.
- 2 Follow *Canada's Low-Risk Alcohol Drinking Guidelines*.
- 3 Follow *Canada's Lower Risk Cannabis Use Guidelines*.
- 4 Avoid stockpiling alcohol, cannabis, and other substances.
- 5 Reach out for help if you feel your use is becoming a problem.

For more information, visit www.ccsa.ca or www.mentalhealthcommission.ca/English/covid19



Mental Health
Commission
of Canada

Commission de la
santé mentale
du Canada



Health
Canada

Funded contribution from

Health
Canada



Canadian Centre
on Substance Use
and Addiction

Advocacy. Engagement. Impact.

How do we take in COVID-19 information without being overwhelmed by it?

This isn't easy. Warnings and numbers have been swamping us for months, but it's important to hear them. It helps to focus on controlling what you can control: What am I hearing from the experts that I can make use of? How do I clean, wash my hands, behave at work so I can protect myself and my family?

Another move for stress reduction: Limit or avoid the things that trigger fearful or angry responses.

If listening to the news is hard, just do it a little and limit it to trusted, responsible sources. Social media plays a role in this. Don't get caught up trading posts with people you disagree with. It will just make you more angry or scared."

How to reach people with COVID fatigue

One of the complications of the pandemic is that fatigue has made some people careless social distancing and about masks, which is one of the reasons COVID-19 cases have risen. With others, it's not just carelessness, it's angry resistance.

Are there ways to reach any of those people?

That's a huge challenge. The younger we are, the more distant our own mortality seems. For young folks, we can ask them to think about their families. With some, that may work.

And it might help to remind people that they have the ability to help get back to all those things we're missing by helping reduce the number of COVID-19 cases.

If you want to go out, visit family, get back to work, eat out or

travel again, there is only one thing you can do. Follow the health guidelines: Maintain physical distance, keep your social interactions outside, wash your hands, wear a mask when unable to maintain 2m distance between others, and do everything else to stay safe. That's how you take control.

Another route combines role modeling with acts of kindness. It helps some people just to see others doing the right thing. And when you see people behaving responsibly, thank them in a genuine way. Positive reinforcement can be powerful.

And what to do about people who are angrily resistant? Remind yourself to control the things you can, and that you can't control other people.

Key Principles for Reducing Risk of COVID-19 Transmission

We are all facing challenges in learning to live with COVID-19. Going forward with COVID-19 means that we must take a deliberate approach to everyday living, making informed choices to keep ourselves, our families and our community safer. Where we once may have celebrated summer with larger gatherings, we know that interacting with more people raises our risk of exposure and spreading the virus. So it is safer to participate in activities with members of our household or a small, consistent social bubble.

Everyday life is suddenly filled with decisions about going out safely, but we can take comfort in knowing that we can base our decisions on what we have learned about reducing exposure and transmission risks. Here are three key areas of COVID-19 "know-how," with additional links to learn more:

Know how to seek testing and care and when to stay home:

- Stay home and keep away from others if you develop symptoms, even if mild.
- If you are concerned about your symptoms or think you have been exposed, contact your local public health authority to be guided safely to testing and care. More information in this booklet.

Know how to go out safely (for those with no symptoms or recent exposure to COVID-19)

- Wash your hands often with soap and water or carry a Health Canada-approved hand sanitizer with you.
- Cover your coughs and sneezes with a tissue or your sleeve.
- Practice physical distancing by keeping 2 metres away from others.
- Wear a non-medical mask or face covering when physical distancing is difficult to maintain and/or when mandated by local authorities.

Know how to avoid high-risk settings/situations:

- Avoid or strictly limit time spent in the **3 Cs of high risk setting/situations**, particularly if public health measures like physical distancing and frequent cleaning/disinfection are not being well maintained.
 - **Closed spaces** with poor ventilation;
 - **Crowded places** with large numbers of people gathered;
 - **Close contact** where you can't keep 2-metres physical distance from others.

- For times when you can't avoid high risk activities/settings/situations, you can reduce your risk by wearing a non-medical mask or face covering, keeping 2-metres distance from others as much as possible, and cleaning your hands often.

By increasing our COVID-19 know-how and avoiding high-risk setting/situations as much as possible, we can keep transmission low and minimize the impact of COVID-19 in Canada – for us, for our families, for everyone.

Testing

Testing is recommended for anyone with cold, influenza or COVID-19-like symptoms, even mild ones. Testing results are generally available within 24 hours, and public health authorities will follow up with anyone who has a positive test.

Symptoms include:

- | | |
|---------------------------------------|-----------------------------------|
| • Fever | • Loss of sense of smell or taste |
| • Chills | • Headache |
| • Cough or worsening of chronic cough | • Fatigue |
| • Shortness of breath | • Diarrhea |
| • Sore throat | • Loss of appetite |
| • Runny nose | • Nausea and vomiting |
| | • Muscle ache |

While **less common**, symptoms can also include:

- | | |
|-----------------------------|--------------------------|
| • Stuffy nose | • Skin rashes or |
| • Conjunctivitis (pink eye) | discoloration of fingers |
| • Dizziness, confusion | or toes. |
| • Abdominal pain | |

Children have similar symptoms to adults, but are less likely to have fever, shortness of breath or cough. COVID-19 causes mild illness in the majority of cases in children.

If an individual has no symptoms, they do not require a test. A medical health officer or clinician may also decide whether a person requires testing.

Self- Assessment

You can use the [BC COVID-19 Self-Assessment Tool](https://bc.thrive.health/) (<https://bc.thrive.health/>) to help determine if you need further assessment for COVID-19 testing by a healthcare provider or at a local collection centre. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.

Contact Tracing

A public health professional will ask anyone who tests positive for COVID-19 to identify people who may have been exposed to their respiratory droplets. Public health will then contact those individuals and ask about their symptoms, as described at this link. Public health will also advise on the need for self-isolation in order to prevent the continuing transmission of COVID-

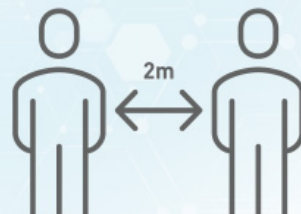
Physical Distancing Explained

PHYSICAL DISTANCING

Physical distancing (social distancing) means **keeping a distance of at least two metres from others at all times.**




Everyone needs to practice physical distancing, even if you have:

- ▶ NO symptoms of COVID-19
- ▶ NO known risk of exposure
- ▶ not travelled outside of Canada within the last 14 days.



DO YOUR PART TO HELP REDUCE THE SPREAD OF COVID-19.

This is the best way to keep you and the people around you safe.

 GREEN LIGHT (SAFE TO DO)	 YELLOW LIGHT (USE CAUTION)	 RED LIGHT (AVOID)
<ul style="list-style-type: none">▶ Greet with a wave from a distance▶ Go outside - run, bike, walk the dog at least 2 metres away from other people*▶ Read, draw, paint, listen to music, dance, play games, watch a movie at home▶ Cook a meal▶ Group video chats▶ Food delivery services▶ Online shopping▶ Online learning▶ Virtual tours of museums	<ul style="list-style-type: none">▶ Getting groceries (once a week)*▶ Picking up take-out food*▶ Attending essential medical appointments▶ Picking up medication*	<ul style="list-style-type: none">▶ Going to work, unless absolutely necessary*▶ Playdates, sleepovers, coffee dates▶ Visitors to your home, except for individuals providing care or delivering food/supplies, and in that case, maintain a distance of 2 metres▶ Group gatherings, even if outside▶ Playgrounds, busy public parks▶ Gyms, bars, shopping malls▶ Peak shopping and public transit hours*▶ Non-essential appointments (such as hair & nails)▶ Non-essential workers in your home

*If you are in [isolation](#) or [quarantine \(self-isolation\)](#), your guidelines will differ. Please follow specific guidelines relating to your situation.

NOTE: The Government of Canada has implemented an Emergency Order under the Quarantine Act. This order means that everyone who is entering Canada by air, sea or land has to stay home for 14 days in order to limit the spread of COVID-19. The 14-day period begins on the day you enter Canada.

- ▶ If you have travelled and have no symptoms, you must [quarantine \(self-isolate\)](#).
- ▶ If you have travelled and have symptoms, you must [isolate](#).

FOR MORE INFORMATION:

@ canada.ca/coronavirus

☎ 1-833-784-4397



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

How to Wear a Face Mask



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



How to Wear a Face Mask



1

Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2

Check the new mask to make sure it's not damaged.



3

Ensure colour side of the mask faces outwards.



4

Locate the metallic strip. Place it over and mold it to the nose bridge.



5

Place an ear loop around each ear or tie the top and bottom straps.



6

Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7

Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.



8

Do not touch the mask while using it, if you do, perform hand hygiene.



9

Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

Removing the Mask



1

Perform hand hygiene.



2

Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



3

Discard the mask in a waste container.



4

Perform hand hygiene.



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries (ex. travel, physical distancing): 1-888-COVID19 (1888-268-4319) or text 604-620-0200



Resource Links and Numbers

TWN Helping House

- Reception: 604-929-4133
- Sibylle Tinsel (Community Health Nurse): 604-353-5314
- Heather Gagnon (Home Care Nurse): 604-355-3507
- Laura Avery (Mental Health Team): 604-787-5468
- Calvin Hunt (Elders Groceries & Meal Program): 778-228-8471
- Cassandra Smith (Student Lunch Program; ages 5-18):
casssmith_youth@twonation.ca

COVID-19 FAQ's and Updates:

- <https://twonation.ca/about/twn-faqcovid19/>
- **BC Centre for Disease Control:**
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19>
- **FNHA:** <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/public>
- **COVID-19 Information Line:** 1-888-COVID19 (1-888-268-4319)

Accessing Health Care

- **North Shore Urgent Primary Care Centre:** 604-973-1600
- **First Nations Virtual Doctor of the Day:** 1-855-344-3800
- **BC Nurses Health Line:** 811

North Shore Resources.

- **North Shore Resource Directory** <https://nsem.info/resources>
- **Older Adult Mental Health Team - North Shore:** 604-982-5600
- **Seniors' One Stop:** 604-983-3303 and nsrc.bc.ca

Mental Health Resources

- **First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service:** 1-855-242-3310 and www.hopeforwellness.ca
- **Kuu-Us Crisis Line:** 1-800-588-8717, <https://www.kuu-uscrisisline.ca/>
- **Kids Help Phone:** 1-800-668-6868 and <https://kidshelpphone.ca/>
- **Indian Residential School Survivor Society:** 604 985 4465 or Toll-free: 1 800 721 0066 and <http://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line>
- **The Foundry – North Shore:** 604 984 5060 and <https://foundrybc.ca/northshore> (for youth – ages 12 – 24 years)

Substance Use Services

- **Canadian Addictions Certification Federation**
<https://caccf.ca/see-a-councilor-now/> (Offering free 1 - 1 counselling sessions)
- **NA/AA Support**
 - Online support groups:
<https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/mobilebasic>
 - By phone through 604-434-3933 or
<http://www.vancouveraa.ca>
- **Alcohol & Drug Information Referral Service:** 604 660 9382



First Nations Health Authority
Health through wellness

Mental Health & Cultural Supports

AVAILABLE DURING THE COVID-19 PANDEMIC



TELEPHONE AND ONLINE SUPPORT

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll-Free: 1-855-242-3310

Hope for Wellness Chat Line:

www.hopeforwellness.ca

Kids Help Phone

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

1-800-668-6868 to speak to a professional counsellor.

Text the word "connect" to 686868 to access text support.

KUU-US Crisis Services

The KUU-US Crisis line is available 24/7 to provide support to Indigenous people in BC. For more information visit: <http://www.kuu-uscrisisline.ca/>

Toll Free: 1-800-KUU-US17 (1-800-588-8717)

Adult/Elder: 1-250-723-4050

Child/Youth: 1-250-723-2040

National Indian Residential School Crisis Line

Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours per day.

Toll-Free: 1-866-925-4419

Provincial Alcohol and Drug Information Referral Service

This Service provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs).

Toll-free: 1-800-663-1441

Lower Mainland: 604-660-9382

FNHA MENTAL WELLNESS & COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides clients with access to Mental Wellness and Counselling services from a qualified mental health provider. All services require prior approval. A list of providers registered with Health Benefits, including those available to provide support over the phone or internet, can be found by visiting the FNHA First Nations Health Benefits Mental Health [Provider List](#) or by contacting 1-855-550-5454.

INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

The IRS RHSP offers emotional and cultural support through approved partners across the province. You can contact IRS RHSP partners directly through the contact information listed below or you can call First Nations Health Benefits at **1-855-550-5454**. If you contact an IRS RHSP provider directly, the provider will be required to submit an approval form to Health Benefits.

Adah Dene Cultural Healing Camp Society

Margo Sagalon: 250-996-3813

Admin.elders@telus.net

Tracey Charlebois: 250-996-1475

Nakazdlieelders@telus.net

Carrier Sekani Family Services

For Vanderhoof: Catherine Lessard:

250-567-2900 (office) or 250-996-8090 (cell)

For Prince George: Rhonda Hourie or

Cheryl Thomas: 778-675-0419

Gitanyow Human Services

Wanda Good: 250-849-5651

Wanda.e.good@gmail.com

Gitsxan Health Society

Ardythe Wilson: 250-842-8251

irsmanager@gitsxanhealth.com

Pam Torres: 778-202-1355

irmsupport3@gitsxanhealth.com

Gary Patsey: 778-202-1703

irmsupport1@gitsxanhealth.com

Nuu Chah Nulth Tribal Council

Vina Robinson: 1-250-724-3939

vina.robinson@nuuchahnulth.org

Daily Elliott: 250-720-1736

Indian Residential School Survivors Society

Stu Mitchell: 604-985-4464 or

Toll-free: 1-800-721-0066

Okanagan Nation Alliance

Rachel Marchan: 1-250-470-7048

earlyyears@syilx.org

Tsow-Tun-Le-Lum Society

Rebecca Visschere: 1-250-268-2463

Toll-free: 1-888-590-3123

FNHA TREATMENT AND HEALING CENTRES

FNHA supports ten residential treatment and healing centres across BC. During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements.

The balance of FNHA's treatment centres have moved to providing virtual support to individuals and families who have attended their programs previously and/or are responding to new requests for emotional and cultural support from First Nations people. You are welcome to reach out directly to the centres below.

Carrier Sekani Family Services

Call: 250-567-2900 and ask for an ARP Team member

Email: rjohn@csfs.org

Kackaamin Family Development Centre

Call: 250-723-7789 or

Toll-free: 1-833-205-6946

Namgis Treatment Centre

Call: 250-974-8015

Nenqayni Wellness Centre

Call: 250-989-0301

North Wind Wellness Centre

Call: 250-843-6977 or

Toll-free: 1-888-698-4333

Telmexw Awtexw (Sts'ailes First Nations)

Call: 604-796-9829

Tsow Tun Le Lum

Call: 250-268-2463 or

Toll-free: 1-888-590-3123

Wilp Si'Satxw Healing Centre

Call: 778-202-0162 or 778-202-1349

All information in this document is accurate as of April 3, 2020.

Women's Support Services

- **BC Battered Women's Support Services:** 604 687 1867, toll free at 1-855-687-1868, or text 604 652 1867 or email intake@bwss.org.
- **Atira Help Line:** 604-800-8881
- **Rape crisis line** (24 hours): Phone 604-872-8212.
- **Women against Violence against Women:** Phone 604-255-6344 / Toll-Free 1-877-392-7583.
- **VictimLink BC:** Phone 1-800-563-0808.
- **Women's Crisis Lines:** 604-687-1867 / Toll-Free 1-855-687-1868.




Grocery Resources

Where to Access Free and Low-cost Groceries and Prepared Meals on the North Shore





This list is dated July 13, 2020. Please send updates to this list to Helen.Yeung@vch.ca. Updated versions will be re-distributed.
Additional resources: Food map on www.tablematters.ca and <http://www.vch.ca/public-health/nutrition/food-asset-map>

Legend:  Available to everyone  Available to seniors  Free  There is a cost

Groceries - Shopping and Delivery

	North Shore Alliance Church Grocery Shop Program Free and subsidized grocery shopping and delivery for people who are vulnerable and without shelter. Call July 20 – 22nd for July 23 rd morning shop & delivery.	https://www.nsac.bc.ca 604 984 6422 – leave message with name and phone number.
 & 	North Shore Community Resources - Better At Home Grocery shopping (client pays grocery cost) and free delivery service for seniors. Free delivery of prepared meals and Food Bank boxes.	Sign up at http://www.bc211.ca or phone 211

Groceries - Bags / Hampers for Pick Up

	Food Bank, depot at North Shore Neighbourhood House Bags of groceries for pick-up at 225 East 2 nd Street, North Vancouver, 4-6pm on Wednesdays.	https://foodbank.bc.ca/ July food bank dates in North Vancouver are July 8, 15, and 29th
	Salvation Army Food hampers for pick-up 105 West 12 th Street, North Vancouver.	Must phone to request and make appointment to pick up. https://northshoresalvationarmy.com or phone 604-988-6040
	North Shore Women's Centre Urgent need for food and toiletries for women.	604-984-6009 info@northshorewomen.ca to discuss your situation and arrange pick-up
	Quest Food Program Low cost groceries market. 167 E 1st St. (enter from Lolo lane). Mon & Sat, 9am-4:15pm, Tues- Fri 9am- 6:15pm.	By referral. referral@questoutreach.org Market information 604-566-0110 http://www.questoutreach.org/contact/locations/

Prepared Meals for Seniors – Contact and Info to Order Meals






















Organization	Contact Info to Order	Pick Up and Delivery Info
Silver Harbour Seniors' Activity Centre	604-980-2474 Free meals available for people who need them – please ask.	Pick up at Silver Harbour Seniors' Activity Centre, 144 East 22 nd Street, North Van. Free delivery in central North Van available
West Van Seniors' Activity Centre	604-925-7280 www.westvancouver.ca/seniors Free meals available for people who need them – please ask.	Pick up at West Vancouver Seniors' Activity Centre, 695 21 st Street, West Van, 10am-2pm. Free delivery available
Parkgate Community Services Society	Judy: 604-983-6385, jexell@myparkgate.com Order by Fri 5pm for the Tuesday meals. Order by Monday noon for Wednesday meals.	Pick up at Parkgate, 3625 Banff Court, North Van. Or home delivery for those who can't get out. Tues. - Pick up 1:30-2pm , delivery after 1pm. Wed July 15th and 29th . Meals after 3pm.
Meals on Wheels	604-922-3414 New clients e-mail northshoremow@telus.net	Delivery on Mondays, Wednesdays, and Fridays, 8:30am to 1:00pm

































Prepared Meals – Weekly Availability / Schedule

Legend: Available to everyone Available to seniors \$ Free \$ There is a cost

Meal Type	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
\$ Bagged Lunches to Go Pick Up - No need to pre-order	<u>Salvation Army</u> 105 West 12 th St., North Van 11am-2pm	<u>Salvation Army</u> 105 West 12 th St., North Van 11am-2pm	<u>Salvation Army</u> 105 West 12 th St., North Van 11am-2pm	<u>Salvation Army</u> 105 West 12 th St., North Van 11am-2pm	<u>Salvation Army</u> 105 West 12 th St., North Van 11am-2pm	<u>NS Neigh. House</u> 225 East 2 nd St. North Van – in rear lane 1-2pm <u>Provided by Highlands United Church</u>	
\$ Meals to Go Pick Up No need to pre-order				THURSDAYS <u>St. Andrew's United Church</u> Express Lunch, 12-1 pm	FRIDAYS <u>St. Andrew's United Church</u> 1044 St. Georges Av., North Van 2-3 pm		
\$ Frozen meals	MONDAYS TO FRIDAYS <u>Salvation Army</u> https://northshoresalvationarmy.com/order-meals/ Online ordering. Pick up and delivery options.						
\$ & \$ Prepared meals	MONDAYS <u>Silver Harbour Seniors' Centre</u>		WEDS <u>Silver Harbour Seniors' Centre</u>		FRIDAYS <u>Silver Harbour Seniors' Centre</u>		
Phone 604-980-2474 for Silver Harbour Seniors' Activity Centre							
\$ & \$ Prepared meals, small grocery, baking	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>
Phone 604-925-7280 for West Vancouver Seniors' Activity Centre							
\$ Prepared meals	MONDAYS <u>Meals on Wheels</u>		WEDS <u>Meals on Wheels</u>		FRIDAYS <u>Meals on Wheels</u>		
Phone 604-922-3414 for North Shore Meals on Wheels							
\$ Prepared dinners for seniors, east of Seymour River. \$5 per meal		TUESDAYS Parkgate Each Tues. Pick up 1:30-2pm, delivery after 1pm.	WEDS Parkgate Pick up 3:30-4pm on July 15 and 29th				
Phone Judy 604-983-6385 or e-mail jexell@myparkgate.com							

The North Shore Population Health Team is working with the North Shore Emergency Operations Centre Food Security Section to update this listing of grocery resources available during the Covid19 response. See the information online at: <https://nsem.info/resources> or see the details in a google map at <http://www.tabletmatters.ca/>. Email Margaret.Broughton@vch.ca with updates or additions.

Name	Delivery and Pick Up Options	Services Available <small>Note: some stores charge a processing/delivery fee ranging from \$3.99 - \$15.99. See store website for more details</small>				Website	Phone Number	Store Hours/Seniors Hours	Address
		Online shopping	Home Delivery	Pick-Up Order	Seniors Shop-by-Phone				
BCLocalRoot.ca	Shop online for BC ONLY brands and products. Free grocery pickup (\$50 minimum) or delivery (\$75 minimum) available.				-	BCLocalRoot.ca	-	Weekly order cut-off is Wednesday at midnight.	105 – 828 Harbourside Drive
productetoyourdoor.ca	Grocery delivery. No minimum order. No delivery fee.			-	-	https://productetoyourdoor.ca/	-	Order cut off is 5pm for next day delivery (Mon-Fri)	productetoyourdoor@gmail.com
SPUD.CA	Grocery delivery			-	-	https://www.spud.ca	(604) 215-7783	Monday - Friday: 8am-8 pm Weekends: 10am-7pm	1660 E Hastings St, Vancouver
Choices Market	Order online for curb-side pickup. Seniors can shop by phone 604-770-2868.		-			https://shop.choicesmarkets.com/	(604) 770-2868	Monday - Sunday 8am-10pm Seniors hours daily 8am-9am	500-801 Marine Dr, North Vancouver
Safeway	Delivery may be available after purchase made in store	-		-	-	http://safeway.ca	(604) 926-2550 (604) 988-6645 (604) 974-1302 (604) 980-3316	Monday - Saturday: 8am-9pm Sunday: 8am-7pm Seniors hours daily 7-8am <i>Store hours vary slightly by location</i>	5385 Headland Drive, West Vancouver 780-2601 Westview Drive, North Vancouver 1175 Mount Seymour Road, North Vancouver 1170 27 Street E, North Vancouver
Nesters Market	Curbside pickup available. Email orders to bill_love@nestersmarket.com	-	-		-	http://nestersmarket.com	(604) 929-0241	Monday - Sunday: 8am-8pm Seniors hours daily 8am-9am	415 Dollarton Hwy N, North Vancouver
Whole Foods Market	Online order at https://www.wholefoodsmarket.com/shop/PR V for curbside pickup (limited items). Order by phone at 604-678-0500 for seniors not able to leave their homes.		-			http://wholefoodsmarket.com	(604) 678-0500	Monday - Sunday: 8am-9pm Seniors hours Weds & Fri 7-8am	925 Main Street, West Vancouver
Whole Foods Market	Grocery pickup and delivery are not offered at this location.	-	-	-	-	http://wholefoodsmarket.com	(604) 973-1014	Monday - Sunday: 9am-8pm Seniors hours daily 8-9am	120 E 13th Street, North Vancouver
Oskia Supermarket	Shop online. In store pickup or delivery of non-perishable food items. See website for more details.				-	https://www.tntsupermarket.com/	(778) 279-8000	Monday-Sunday 10am-9pm (opens at 9:30am on Saturdays) Seniors hours daily 10-11am	2200 Park Royal Mall S, West Vancouver
IGA Market	Shop online. Grocery pickup only. Seniors can shop by phone - 604-498-2813.		-			https://www.iga.net/en/online_grocery	(604) 913-3056	Monday - Sunday: 9am-7pm Seniors hours daily 8-9am	2491 Marine Drive, West Vancouver

Name	Delivery and Pick Up Options	Services Available <small>Note: some stores charge a processing/delivery fee ranging from \$3.99 - \$15.99. See store website for more details</small>				Website	Phone Number	Store Hours/Seniors Hours	Address
		Online shopping	Home Delivery	Pick-Up Order	Seniors Shop-by-Phone				
IGA Market	Shop online. Pickup only. Seniors unable to leave home can shop by phone at 604-985-4431 (Tuesdays only, call before 10am) with delivery on Wednesday.					https://www.iga.net/en/online_grocery	(604) 985-4431	Monday - Sunday: 8am-9pm Seniors hours daily 7-8am	130-150 Esplanade W, North Vancouver
Fresh St. Market	Shop online. Order pickup or delivery available.				-	http://freshstmarket.com	(604) 913-7757	Monday - Saturday 7am-9pm Sunday 7am-7pm Seniors hours Wed & Thurs 7am-8am	1650 Marine Drive, West Vancouver
Loblaws City Market	Shop online. Grocery pickup or delivery available.				-	http://loblaws.ca	(604) 984-2226	Monday - Sunday: 7am-10pm Seniors hours daily 7-8am	1650 Lonsdale Avenue, North Vancouver
Loblaws City Market	Shop online. Grocery pickup or delivery available.				-	http://loblaws.ca	(604) 922-1902	Monday - Sunday: 7am-9pm Seniors hours daily 7-8am	861-845 Park Royal N, West Vancouver
Save On Foods	Shop online. Grocery pickup or delivery available.				-	http://saveonfoods.com	(604) 980-4857 (604) 983-3033 (604) 985-3069 (604) 983-2227	Monday - Sunday: 8am-10pm Seniors hours daily 7-8am	221-1199 Lynn Valley Road, North Vancouver 600-333 Brookbank Avenue, North Vancouver 1250 Marine Drive, North Vancouver 140-879 Marine Drive, North Vancouver
Stong's Market	Shop online or by phone 604-973-0700 (choose Express Delivery option) . Pickup and delivery options available.					https://express.stongs.com/	(604) 973-0700	Monday - Sunday: 8am-9pm Seniors hours Mon, Wed, Fri 7-8am	2150 Dollarton Highway, North Vancouver
Superstore	Shop online. Grocery pickup or delivery available.				-	http://realcanadiansuperstore.ca	(604) 904-5537	Monday - Sunday: 8am-10pm Seniors hours daily 7-8am	333 Seymour Boulevard, North Vancouver
Wal-Mart	Shop online. Grocery pickup or delivery available.				-	http://walmart.ca	(604) 984-6830	Monday - Sunday: 7am-11pm	925 Marine Drive, North Vancouver
Queensdale Market	Order by phone 604-987-6644 Tues/Weds between 8am-12pm. Delivery and pickup options available.					http://queensdalemarket.ca	(604) 987-6644	Monday - Sunday: 8am-7pm Seniors hours daily 7-8am	3030 Lonsdale Avenue, North Vancouver
Thrifty Foods	Shop online. Grocery pickup only.		-		-	http://thriftyfoods.com	(604) 929-2299	Monday - Sunday: 8am-9pm Seniors hours daily 7-8am	845 Marine Drive, North Vancouver
Loulet Farm Market	In-person.	-	-	-	-	www.edilegardenproject.com	604 987 8138 ext 231	Saturdays from 10am-2pm, Wednesdays from 2pm-4pm	1400 Rufus Ave, North Vancouver
Ambleside Atisan Farmer's Market	In-person.	-	-	-	-	https://www.artisanmarkets.ca/our-markets/ambleside-market/	-	Sundays from 10am-3pm	1000 Argyle Ave, West Vancouver
Lonsdale Farmer's Market	In-person.	-	-	-	-	https://www.artisanmarkets.ca/our-markets/lonsdale-quay-farmers-market/	-	Saturdays from 10am-2pm	123 Carrie Cates Ct, North Vancouver