

WINTER 2020

Powell River

Seniors Resource Guide



"A Community Where Seniors Flourish"
POWELL RIVER
SENIORS COMMUNITY COUNCIL

3rd Edition

Produced by the Powell River Seniors Community Council. Due to time and space constraints, not all services available locally to seniors are included. If we have missed you, please contact the Council at prsc18@gmail.com



IMPORTANT! NOTE: The services provided in this resource guide are a list of local services available. **These are not recommendations.** Please take the time to research the services to ensure they meet your needs. Many services listed are fee for service.

TABLE OF CONTENTS

■ Aging in Place	4
■ End of Life Resources	4
■ Education & Personal Growth	7
■ Food & Nutrition	5
■ Government Information	8
■ Health Services & Support	2
■ Housing & Assisted Living	5
■ Safety & Security	7
■ Transportation	6
■ Wellness & Fitness	7

HEALTH SERVICES & SUPPORT

FETCH

(For Everything That's Community Health)

www.powellriver.fetchbc.ca

(Powell River Division of Family Practice)

Online directory of 352 community health and social service programs and resources.

Nurses Hotline Healthlink BC 811

Older Adult Mental Health Program (VCH) 604-485-3300

This program requires a physician referral. The program provides specialized services for older adults who have recently developed a mental health problem; have high risk behaviours related to advancing dementia; or have medical problems related to aging that complicate the treatment of a mental illness.

Powell River Medical Clinic Family Practice and Walk-in Clinic 604-489-9272

4280 Joyce Avenue.

powellrivermedicalclinic@gmail.com

www.powellriverclinic.ca

Dr. Marchenko and Dr. Gil operate a family practice as well as a walk-in clinic for those who do not have a family doctor at present or need to see one urgently. In addition to phoning, appointments can also be made online 24/7 through their website.

Community Paramedicine Program

Brian Bomprezzi **604-223-8041**
CP.PowellRiver@bcehs.ca

Community outreach and home visits to residents especially in rural areas. Works with seniors in the home who have a chronic condition and could benefit from one on one care. Referral required.

Diabetes Education Centre

604 485-3211 or 1-800-226-8464

Provides education and services to people living with diabetes and advocates on their behalf.

OsteoArthritis Service Integration System (OASIS) 1-604-875-4544

www.oasis.vch.ca

This Vancouver Coastal Health program supports and helps people with osteoarthritis self-manage their condition. Personal assessment clinics are held in Powell River 1-2 times/year and are free with physician referral. Free public education classes are also available in Powell River 1-2 times/year and are open to the public without a physician referral.

UVIC Chronic Pain Self-Management Powell River

Coordinator: Louise Rolland

lrolland@uvic.ca

www.selfmanagementbc.ca

Sunshine Coast Self-Management Program. Free 6-week program.

Pain Self-Management and Education Support Group (PSMES) 1-844-747-7246

www.pipain.com

(Formerly People in Pain Network) Peer-led pain self-management education and support group; meets monthly at the Powell River General Hospital, lower level meeting rooms.

Brave Hearts Cardiac Rehabilitation Program 604-485-2891

Brave Hearts is a partnership program with VCH, Tla'Amin Health Services and the Powell River Parks, Recreation & Culture department. The program is a community-based education and support group on self-management, exercise, nutrition and healthy lifestyle for individuals who have experienced a cardiac event. Participants are referred directly from the local internist office.

Adult Day Program

604-485-9868 ext.4805

Willingdon Creek Village, 4980 Kiwanis Avenue. Promotes a range of programs for clients including social interaction, health promotion, and a variety of activities as well as respite for family members. These programs are provided in supportive group settings. Referral required through Home Care Nurse at Community Health. 604 485-5310.

Brain Injury Society

604-485-6065

braininjuriesociety.ca

The Society provides support, education and advocacy for persons living with an acquired brain injury, their family, friends, and caregivers through unique, specific, and innovative programming.

Canadian Council of the Blind Powell River

Geraldine

604-485-5028

A support organization for people with visual impairment offering assistance with daily living, social interaction, and community integration.

British Columbia Schizophrenia Society

Mikayla Likar

1-604-754-6715

or Toll free: 1-888-888-0029

www.bcscs.org

powellriver@bcscs.org

This foundation is a province-wide family support system dedicated to supporting each other, educating the public, raising funds for research, and advocating for people with schizophrenia and other serious and persistent mental illness.

Alzheimer's Society of BC First Link Dementia Helpline

1-800-936-6033

www.alzheimer.ca/en/bc

Information and support regarding Alzheimer's and other forms of dementia.

ReAct Adult Protection Program

1-877-732 2899

VCH is a "designated agency" responsible for investigating situations of abuse, neglect and self-neglect of adults who are unable to seek support and assistance on their own due to restraint, physical handicap, illness, disease, injury or any other condition that affects decision-making ability.

Caregiver Support Group

Maureen

604-485-6202

gunpowdertrail@gmail.com

Malerie

604-483-4224

Malerie.meecker@gmail.com

A monthly support group for those caring for someone with Alzheimer's or other forms of dementia.

Crisis Intervention and Suicide Prevention Center of B.C.

**Toll free 1-800-784-2433
or 1-866-661-3311**

24/7 crisis intervention services.

Powell River Stroke Recovery Club

Sandy Graham, Coordinator:

604-489-0024

dolezsar@telus.net

Self-help group for those who have had a stroke and their families and caregivers. Meet Tuesdays, September - June, 9:30 am - 12:45 pm, Lower Legion Hall.

BC Cancer Agency

1-604-877 6000

Reach to Recovery

604-483-9120

Hospital and home visits to recently diagnosed breast cancer patients, one to one counselling and information.

Multiple Sclerosis Support Group

604-485-4573

Parkinson's Support Group

604-487-4122

or 604-483-3087

The Parkinson's Support Group helps people with Parkinson's and the people who care for them by providing support services including information and resources.

Parkinson's Fit

604-485-2891

www.powellriverprc.ca

For those living with Parkinson's Disease. Circuit format exercises are research based and focus on BIG amplitude movement strategies (adapted from LSVT BIG program).

inclusion Powell River Society

604-485-6411

Provides a range of services for adults with developmental disabilities and their families.

Marine Denture Clinic

604-485-2212

Powell River Denture Clinic

604-485-7654

A.A. Meetings

Bill M.

604-483-8349

www.bcyukonaa.org

12-step recovery program to help alcoholics achieve and maintain sobriety. Meetings are held throughout the Powell River District including Lund, Powell River, Tla'amin & Texada Island.

Al-Anon, Powell River

Bill D. **604-483-9031**

A group offering support and understanding for those affected by another's drinking.

Narcotics Anonymous 24-hour Helpline

1-844-484-6772

5903 Arbutus Avenue.

Support for people who are suffering from addictions to drugs, narcotics. Monday - noon. Tuesday, Thursday and Saturday - 7:30 pm.

Medical Services Plan (MSP)

1-800-663-7100

mспенquiries@hibc.gov.bc.ca

Health Insurance BC. For information and eligibility for supplementary benefits see:

<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/benefits/services-covered-by-msp/supplementary-benefits>

END OF LIFE RESOURCES

Powell River Hospice Society

604-223-7309

prhospice.org

prhospicesociety@gmail.com

A community-based, non-profit organization offering social, emotional and spiritual support to individuals at the end of life, and support for those grieving.

Stubberfield Funeral Home Ltd.

604-485-4112

Offers assistance with funeral planning, burial, and cremation services.

Public Cemeteries and Crematorium

604-487-1380

cemetery@qathet.ca

Operates the Powell River Regional (Cranberry) cemetery and Woodland (Texada) cemetery.

NIDUS

1-604-408-7414
(messages only)

www.nidus.ca

info@nidus.ca

A non-profit charitable organization, NIDUS helps people make and register Representation Agreements and learn about other legal planning documents and end of life information & services.

Advanced Care Plan (ACP)

1-800-663-6105

www.healthlinkbc.ca

This is a process that enables individuals to make plans about their future health care. It is important in the event that they become incapable of communicating and making decisions for themselves. Further information can be found in My Voice Advance Care Planning Guide. Available on the website as well as calling for a free copy.

AGING IN PLACE

VCH Home and Community

Care Support

604-485-3310

3rd Floor of the Powell River Hospital. Referral by health professional, nurse, doctor, family member, friend or by individual needing services.

Better at Home

604-485-4008

(United Way/inclusion Powell River)

betterathome@inclusionpr.ca

7055 Alberni Street, Powell River.

Services include non-medical needs of seniors such as friendly visiting and transportation to local appointments. Fees for service are established on an income-based sliding scale which ensures that services are free for low income seniors up to market rate for seniors with an income above the BC average.

Family Caregivers of BC

1-250-384-0408

or 1-877-520-3267

Supports caregivers by telephone, and through education and support groups.

Danielle's Helping Hand Fund

604-485-7106

(United Way & 7th Day Adventist Church)

One-time financial assistance to help lower income residents with emergency medical expenses such as medication, medical care & associated cost, and dental work.

Kiwanis Lifeline

604-485-0499

prkiwanislifeline@shaw.ca

Personal emergency response system; medical help is available at the push of a button in an emergency. Necklace, wristband or push button available.

TELUS Health

1-855-255-8828

www.telus.com/livingwellcompanion

Living Well Companion. Personal emergency response system providing emergency response with the push of a button or through an automatic fall detection feature.

P.R. Home Care Services Ltd.

Michele McIntosh **604-485-2566**

In-home assessment by nurses, medication oversight, meal planning and prep, home safety equipment, etc.

Foot Loose Foot Care - Mobile

Cathy MacDonald **604-483-9454**

Home support, liaison with medical staff and family, personal shopping, foot care.

Pat's Foot Care Mobile Service

Pat Van Shaik **604 223- 2259**

Certified foot care specialist. Diabetic foot and circulation problems are also addressed.

Secure Vision Mobile Optician

1-250-792-5199

helen@securevisionoptical.com

Coast Ability

604 489-4722

Unit 4 -7030 Glacier Street.

coastability.com

powellriver@coastability.com

Home medical equipment provider that supplies walkers, canes, wheelchairs, scooters, toileting and bathing aids, and many other aids for daily living.

HELP (Health Equipment Loan Program)

604 485-3211 ext. 4361

5000 Joyce Avenue (1st floor Hospital)

Provided by the Canadian Red Cross Society B.C.

Coastal Region. Lends a variety of health equipment to eligible individuals experiencing illness, injury or mobility issues. Referral from health professional required.

HOUSING AND ASSISTED LIVING

Kiwanis Garden Manor 604-485-5210

kareanne.martin@kiwanishousing

Assisted living community provides rental accommodation (private 1-bedroom suites) and personal care services.

Kiwanis Village 604-485-5210

Wendy.twomey@kiwanishousing.com

Subsidized independent living rental community for seniors.

Life Cycle Housing 604-485-6006

Non-profit housing for families, people with disabilities, and seniors. Rents are income-based and a waitlist is maintained.

BC Housing - Shelter Aid for Elderly Renters - (Safer)

1-800-257-7756

Provides monthly rent subsidies for eligible BC residents who are age 60 or over and who pay rent for their homes in excess of 30% of their income. Local assistance with filling out applications can be obtained from Joyce Percey, Poverty Law Advocate: 604-485-0950.

Strive Living Society

604-485-2220

powellriver@striveliving.ca

Assisted Independent Living program provides home share/community support homes to seniors with physical and/or developmental disabilities, and health care needs including brain injury and mental health diagnoses.

Supported Housing - BC Housing Project (Co-managed by PREP Society and Life Cycle Housing)

604-485-2004

info@prepsociety.org

40 self-contained studio homes located at the intersection of Joyce and Harvie Avenues provides residences and on-site supports for people who are at risk of homelessness or who are homeless.

Powell River Sunset Homes Society Seniors Rental Housing

Joyce Ave. (former Max Cameron High School property)

Susanne Gray

604-489-0226

Coastal Breeze

250-489-0667

Seniors' Independent Living Village.

FOOD & NUTRITION

HealthLinkBC - Dietician Services

811 or 1-604-215-8110

www.healthlinkbc.ca/healthy-eating

Information and advice related to healthy eating and nutrition.

Good Food Box

**604-223-3265
or 604-485-2706**

www.powellriver.fetchbc.ca

Pre-pay \$15 for a box of fruits and vegetables valued at \$20. Pre-pay at the beginning of the month; distribution is 2nd Wed. of the month. Volunteers welcome!

Powell River Food Bank 604-485-9166

6816 B Alberni Street.

www.powellriverfoodbank.com

Tuesday, Wednesday, Thursday from 10-2.

**Senior Citizens' Association of BC
Branch #49 604-414-9456**

6792 Cranberry St.

www.powellriverseniors.ca
prseniors49@shaw.ca

Soup & sandwich lunch at noon on the 2nd Tuesday of each month. Dinners served the last Friday of each month. Frozen nutritional meals available.

United Church Pasta Dinners

6932 Crofton.

Every Monday from 4:30-6:30 (October through May).

Salvation Army Community Lunch

4500 Joyce Avenue.

www.salvationarmypr.ca

Every Wednesday from September to May from 11:30-1:00 pm; donated bread and baked goods available to take away.

Assumption Church Soup Kitchen

7109 Glacier Street.

Every Friday from 12-1 p.m.

Westview Baptist Church Dinner

3676 Joyce Avenue.

3rd Friday of each month from 5-7 p.m.

**Community Resource Centre
Harmony Cafe**

4752 Joyce Avenue.

www.prcrc.org

Monday-10-4: light brunch at 10 am. Tuesday-Thursday 12-4: beverages & snacks usually available.

Convenient Chef 604-483-9944

5830 Ash Avenue.

www.convenientchef.ca

Seniors Meal Program: \$55 for 5 meals. Free delivery within municipal boundaries. Special meals available for those with dietary requirements.

TRANSPORTATION

HandyDART 604-483-2008

Office hours for booking: Mon.-Fri. 8-3; bus operates Mon. 9-4; Tues.-Sat. 9-5. Pre-registration required; forms available from your doctor or health care provider. No service in regional district areas.

Bus Pass Program 1-866-866-0800

www.bctransit.com/powellriver/fares

Annual seniors pass \$45 on completion of application for buses within Powell River.

Rural Transit Bus Service

Stillwater - Westview Connector (Route 12)

Texada Island (Route 13) Thursdays

Lund - Westview Connector (Route 14)

Operated by BC Transit.

See www.bctransit.com/powellriver for current schedules and fares.

**Better at Home 604-485-4008
(United Way/inclusion Powell River)**

betterathome@inclusionpr.ca

Transportation to local appointments provided by volunteers. Service may be free or a fee may apply according to an income-based sliding scale. See also Better at Home listing under "Aging in Place" heading for more information.

Sunshine Coast Connector

1-844-613-8222

www.sunshinecoastconnector.ca

Call for schedules and fares to and from Horseshoe Bay.

Hope Air

1-877-346-4673

www.hopeair.ca

Free flights to medical appointments for those who can show a financial need.

Angel Flight

Darlene Orr

1-778-677-8920

www.angelflight.ca

Volunteer pilots provide free air transport for cancer patients and their escort.

Wheels for Wellness 1-250-338-0196

www.wheelsforwellness.com

For those in need of transportation to medical appointments on Vancouver Island. Will meet the ferry at Little River.

Freemasons Cancer Car Program

Dispatcher:

1-800-299-0188

www.cancercarsnow.ca

Provides free rides for cancer patients from airport, ferry terminal or bus depot to Cancer Clinics in Vancouver and Victoria.

Comox Valley Transit System

250-339-5453

www.bctransit.com

Bus Route #11. Public transportation between Little River Ferry Terminal and downtown Courtenay.

EDUCATION & PERSONAL GROWTH

Powell River Public Library 604-485-4796

100 - 6975 Alberni Street.

www.prpl.ca

Adult Services Coordinator: Mark Merlino. Book clubs, memoir writing, technical help, Books on Wheels. Special resources for people with vision difficulties. Call for more information.

Senior Citizens' Association of BC Branch #49 604-414-9456

prseniors49@shaw.ca

Activities and socializing.

Seniors Together 604-485-2891

Powell River Recreation Complex 3rd Thursday of every month from 11 am - 1:30 pm. Educational presentations followed by free catered lunch. Must register on the 1st Thursday of the month. Limited space available.

VIU Elder College 604-485-2878

100-7085 Nootka Street.

www.pr.viu.ca/about-eldercollege

Xochitl.hernandez@viu.ca

Classes and courses offered for seniors (age 50 and older) are taught by volunteer instructors. Annual membership fee is \$20. Course calendars available online or in print at the VIU campus.

Immigrant Services 604-414-3630

6975 Alberni Street - 2nd floor, above Library.

(PREP Society Community Programs)

immigrantservices@prepsociety.org

prepsociety.org/PRIS

English language (ESL) tutoring and settlement support for eligible immigrants, refugees, temporary Foreign Workers, and PNP applicants. All services and programs are free of charge.

The Welcome Centre 604-414-3630

(PREP Society Community Programs)

Provides ESL tutoring, Parents' Group, and Conversation Club as well as community orientation sessions and workshops, bridging resources for community services, and cultural celebrations and social events. Specific resources for seniors and families caring for seniors including multilingual and plain language information.

Community Adult Literacy & Learning 604-414-7020

(PREP Society Community Programs)

call@prepsociety.org

www.prepsociety.org/CALL

CALL provides literacy tutoring for people in Powell River who are 18 and older. Learners must be a Canadian citizen or permanent resident of Canada. Reading, writing, math, computers, and other literacy skills are offered. The CALL Tech Tips program runs every Tuesday and Thursday from 12:30-2:30 in the Rotary Makerspace at the PR Public Library from Sept-June. A staff person with a youth volunteer troubleshoot tech challenges such as iPad and computer questions.

Community Calendar

www.powellriver.info/calendar

WELLNESS & FITNESS

Coast Community Physio, Mobile Clinic

Kirsty Campbell

1-604-719-8315

Specializing in older adults and chronic conditions such as Parkinson's Disease and Multiple Sclerosis.

Gentle Fitness, Specialty Fitness, Rehabilitation & Prevention Programs Powell River Recreation Complex 604-485-2891

www.powellriverprc.ca

Programs available: Aqua Yoga, Somatics Yoga, Restorative Hatha, Choose to Move, Steady Feet and more.

Recreation Access Program (Financial Assistance), Powell River Recreation Complex 604-485-2891

www.powellriverprc.ca

Receive 52 free admissions to eligible residents who receive income assistance or meet the Low-Income Measurement Guidelines according to Stats Canada.

SAFETY & SECURITY

Powell River Fire Rescue Seniors Smoke Detector Program 604-485-4431

Free service for seniors and the physically challenged. Firefighters will check smoke detectors, mounting locations, assist with installation and replace batteries. Group Fire Safety Talks available as well.

Fire Extinguisher Training

RThoms@qathet.ca

Available within the Regional District and delivered by local volunteer Fire Departments. Contact qathet Regional District or local fire departments to arrange training session.

City of Powell River Block Parties

Shawna Rahier **604-485-8902**
www.powellriverprc.ca/arts-culture/blockparties
srahier@powellriver.ca

Strengthening neighbour - to - neighbour connections and relationships in Powell River. To apply for a Block Party Grant contact: Shawna Rahier, Community Recreation Program Coordinator.

Victim Services Powell River (administered by Powell River & Region Transition House Society)

Grace House **604-485-4554**
24-Hour Emergency Line **604-485-9773**
Stopping the Violence Counsellor **604-485-6965**
Stopping the Violence Outreach **604-485-6968**

Victim Services Powell River

(administered by Powell River Community Services Association)

Specialized Victim Support Services **604-485-2620**
Police Based Victim Services **604-485-3415**

GOVERNMENT INFORMATION

City of Powell River **604-485-6291**
www.powellriver.ca

Powell River Seniors Community Council

www.powellriverprc.ca
prsc18@gmail.com

The Council's Mission is to empower and advocate for seniors by being a collaborative and effective voice.

Minister of Seniors

Filomena Tassi **1-613-992-1034**
Tassi@parl.gc.ca

MP Rachel Blaney **604-489-2286**

4697 Marine Avenue.
rachel.blaney.c2@parl.gc.ca
Hours: Tuesday to Thursday, 10:00 a.m. - 12:30 p.m.;
1:30 p.m. - 3:00 p.m.
Drewen Young, Constituency Assistant.
As NDP critic for senior's issues, MP Rachel Blaney regularly raises concerns about poverty, homelessness, and unaffordable prescriptions in the House of Commons. At the Community Office, seniors can seek help with Canada Revenue problems, Old Age Security or Canada Pension Plan issues.

MLA Nicholas Simons **604-485-1249**

#109 - 4675 Marine Avenue.
Rob Hill, Constituency Assistant:
Robert.Hill@leg.bc.ca
Local office provides assistance and support navigating provincial programs and services for seniors.

B.C. Seniors Advocate

Isobel Mackenzie **1-877-952 3181**
info@seniorsadvocatebc.ca
www.seniorsadvocatebc.ca

Monitors and analyzes seniors' services in B.C. affecting their wellbeing and raises awareness about available resources. BC Seniors Guide, Advance Care Planning, Family & Social Support, Housing, etc.

Service Canada **1-800-622-6232**

7061 Duncan Street.
www.servicecanada.gc.ca
Hours: Tuesday to Friday, 8:30 a.m. to 4 p.m. (closed from 11:30 a.m. to 12:30 p.m.)
Local office provides information about and assistance with applications for passport, Canada Pension Plan, Old Age Security, Death Benefits and related matters. Telephone and public computers are available for completing federal forms, applications, etc.

Service BC **604-485-3622**

6944 Alberni Street.
Hours: Monday to Friday, 8:30 a.m. - 4:30 p.m. (closed 12-1 p.m.)
Local office accepts payments for provincial fees such as rural taxes, and will mail and fax (free of charge) correspondence to provincial agencies. Public computers are available for completing provincial forms and applications as well as finding information about provincial programs and services.

SeniorsBC

www.SeniorsBC.ca
This website provides information about government programs and services for older adults. The goal is to provide the residents of BC with one place to find the information they need to plan for and live a healthy, active aging life-style.

Government of British Columbia

www.gov.bc.ca/gov/content/home
Driving & transportation education & training, Environmental protection & sustainability, Family & social supports, Health, housing & tenancy, Public safety & emergency services, Sports & recreation, Taxes & tax credits.