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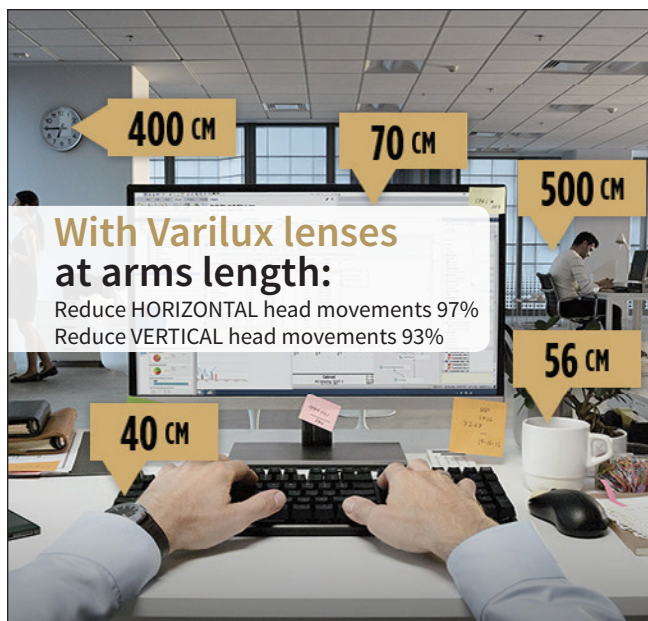
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Care for yourself tenderly & vigorously

By *Pieta Woolley*, editor



When I was preparing to have my first baby, I wrote a birth plan. I'm not comfortable in hospitals, or with doctors, or with needles, or pain. So the idea that I could take control by describing exactly what I wanted was comforting to say the least. Naturally, the plan was to have a quick, pain-free, drug-free, non-complicated delivery and be in and out of BC Women's in a flash.

It didn't go that way. Obviously.

What I learned is, my bull-headed control-freak behaviour is not something my body responds to. Rather, the key seems to be caring for myself while simultaneously letting go of control. The delivery of my second child: much easier.

Similarly, this issue of *ZEST* is all about self-care and letting go. At no time are those two things more crucial than at the end of life. We tend to think about this period as a few weeks long; but because of modern medicine, you can expect to live with a terminal illness for years, if not decades.

Before she wrote for us (Page 5), I had a coffee with Anna

Byrne, Powell River Hospice Society coordinator. At 41, she is a four-time cancer survivor, and she spoke eloquently about the power of letting go of control in her own health journey. Illness and death: you can't escape them. How do we live with them, vigorously?

PRL publisher Isabelle Southcott's story about Helen deBruyckere supporting her husband's four-year-long end of life (Page 7) illustrates the power of practical, emotional and spiritual care. So do the stories of Powell River's three new end of life doulas (Page 8).

Chronic pain makes both self-care and letting go challenging. The pain is urgent, and healing can be elusive, as Emma Bashford and Michael Klein describe (Page 19 & 21).

Chiropractor Jeremy Buhay introduces toe spacers – a trending intervention to return feet to a more natural, pre-shoe alignment (Page 22). Preventative health – the ultimate in self-care – is a growing interest in Powell River, as evidenced by the robust listings in the middle of *ZEST*: movement, acupuncture, sexual health, counseling, dentists and much more.

I hope you'll keep this magazine (don't 'let go!') as a reference and an inspiration to care for yourself and your loved ones. 📌

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Publisher & Managing Editor • **Isabelle Southcott**
 Associate Publisher & Sales Manager • **Sean Percy**
 Editor & Graphic Design • **Pieta Woolley**
 Sales • **Suzi Wiebe**



Southcott Communications
 7053E Glacier St, Powell River BC V8A 5J7
 isabelle@prliving.ca • tel 604 485 0003

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On the Cover:
 Anna Byrne, Powell River Hospice Coordinator, works with volunteers to radically improve the way people die here on the Sunshine Coast. *Photo by Sean Percy*

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As the always-innovative Baby Boomers age, dying well has become a generational goal.

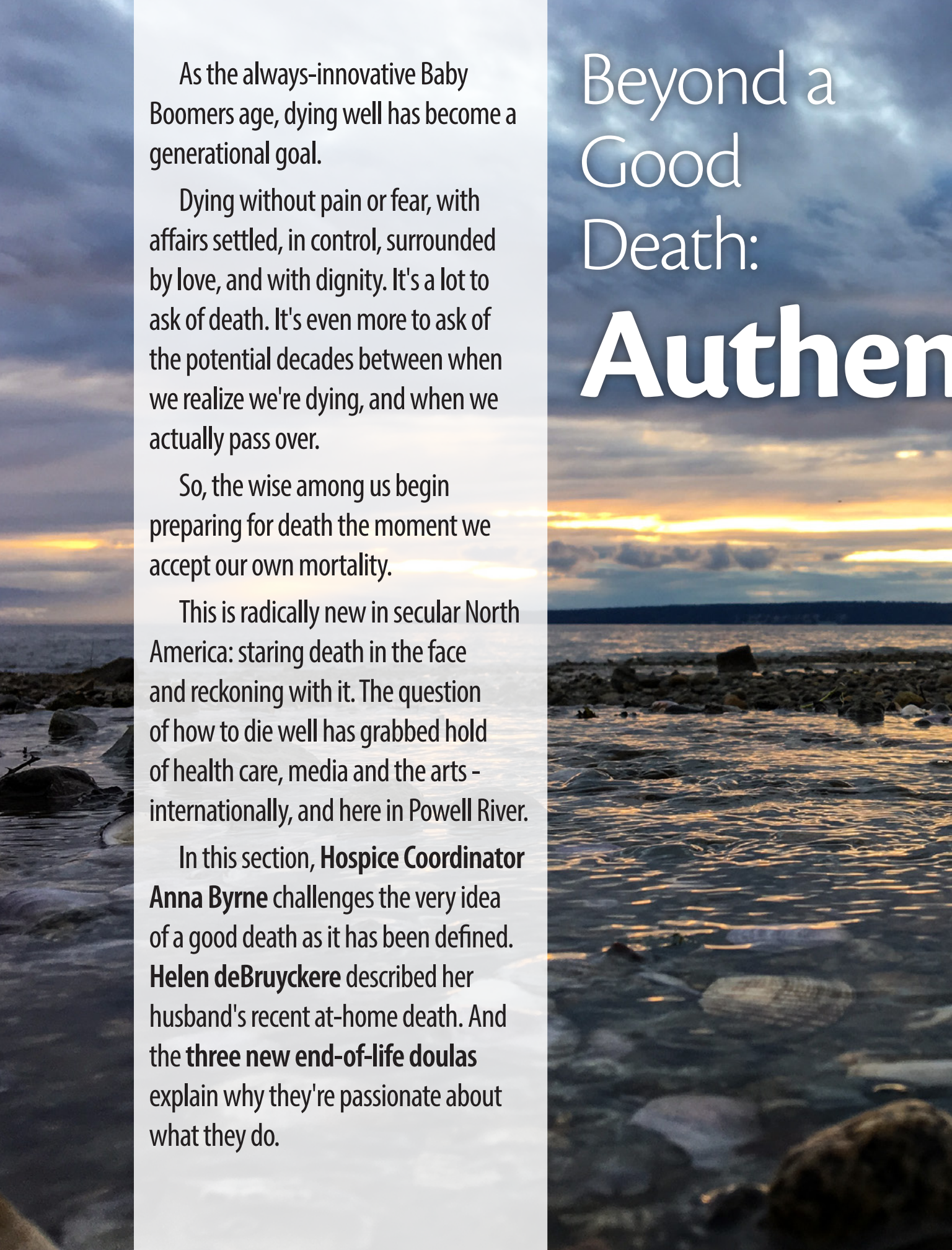
Dying without pain or fear, with affairs settled, in control, surrounded by love, and with dignity. It's a lot to ask of death. It's even more to ask of the potential decades between when we realize we're dying, and when we actually pass over.

So, the wise among us begin preparing for death the moment we accept our own mortality.

This is radically new in secular North America: staring death in the face and reckoning with it. The question of how to die well has grabbed hold of health care, media and the arts - internationally, and here in Powell River.

In this section, **Hospice Coordinator Anna Byrne** challenges the very idea of a good death as it has been defined. **Helen deBruyckere** described her husband's recent at-home death. And the **three new end-of-life doulas** explain why they're passionate about what they do.

Beyond a Good Death: Authen





Authenticity

at the End of Life

By Anna Byrne
Powell River Hospice
Society Coordinator

Mystery both fascinates and terrifies us. The great mysteries of our lives — birth, intimacy, love, suffering and death — are often described by the modern archetype of the roller-coaster.

The magnetic draw of the roller-coaster is in its intertwining of speed and surges with coasting; the unpredictable wildness that we are free to experience amid belted-in security. Though roller-coasters drop fear into our stomachs and leave us feeling slightly battered and wobbly, many line up again and again to feel the exhilarated rush of life.

One of the current conversations about dying is about how we define and achieve a Good Death. When asked to picture our own ideal death, we may imagine family encircling our bed, flickering candles and quiet reverence.

Rarely do our images include faeces, hallucinations or the sobbing of our loved ones as they, in agony, say goodbye.

Indeed, a Good Death is most commonly seen as the preference for, and enabling of, a specific type of dying process. The favoured characteristics of this death are: total control of physical pain, dignity (often defined as maintaining autonomy) and the absence of existential suffering.

The challenge with assigning value to certain types of dying is that it is predisposed to focus only on specifics that we deem as good at this particular time and place in humankind's long history.

Currently, rationality, logic and understanding are often the modern idols that set the limits and protocol of what is “good,” “right” and “worthy.” The good becomes the aspects of death that (we hope) are controllable, tranquil or chosen.

But the creation of a good death automatically creates its opposite: the bad death.

The Bad Death is when, at the end of our lives, we fear ourselves to be out of control, ugly, and totally dependent. Many of us have heard or uttered these words ourselves: I want to die before I can't wipe myself. I don't want my children to see me like this. I can't be a burden. I need to be strong for my family.

When we encounter something we do not understand — in fact, cannot understand — our fear becomes so strong that we will do anything to avoid it.

Death is the ultimate unknowing, the ultimate fear. We fear this fear, and so send Mystery off to reside at the boundary of our lives, rather than at its centre. If we can minimize our physical unpleasantness, compartmentalize our emotions to 'save' others from the pain of our dying, and reduce our dependency, we may still yet be in control.

At its extreme, a good death can mean physical and emotional sterility as we attempt to tame Death's most heart-pounding moves.

There are many virtues to exploring what a good death means; it helps us to review our lives, to mend relationships, to plan our affairs, to ensure good palliative standards. But for individuals and their families for whom a 'good death' is not achieved — those who linger in their dying, who have dementia, incontinence or pain, or who die in anxiety or fear — the sense of failure, regret and guilt can be overwhelming.

In truth, our reason-driven minds have no idea what to do with a paradox so deep as Death; a journey entirely universal yet ultimately personal, an experience so central to our lives and often so wholly denied.

For all our good intentions, in domesticating death, we domesticate depth.

Perhaps another starting point would be to consider the authentic death.

“Authentic” means to replicate an original in order to bring forth its essential features. What is the original

form of death? The best we can do is to look at the pattern of death as it has played out from the beginning of time in all geographies, cultures and faith traditions.

After billions of stable years, the star explodes, creating new planets. Following harvest, the plant wilts and sinks to compost new seeds. A cell completes its function, dies, and is replaced. Even the lives of the good and faithful ended in exile, imprisonment, crucifixion, then redeemed by liberation, enlightenment, resurrection. Known by many names, this pattern consistently includes a cycle of completion, loss and renewal. This is the structure and sequence of the universe and of our lives.

Authenticity also means the genuine: being true to one's own nature, spirit and character. If we are genuine, then dignity can be redefined to include the acceptance, honouring and protection of all human experiences, including vulnerability, sorrow and what feels like total loss.

How can we possibly invite these to join us on the often terrifying ride of dying?

When we invite Mystery back into the centre of our lives we begin to trust this ancient pattern, remembering that we are indeed buckled-in — more — embraced by the arms of a Life that has never — not once since the be-

WHAT IS HOSPICE?

Hospice is a philosophy of care that supports and supplements medical care by providing for a person's social, emotional and spiritual well-being at the end of life. Practical care for family, friends, and those who are grieving are integral parts of hospice care.

The Powell River Hospice Society is a team of volunteers and a coordinator who make visits to homes, the hospital and long-term care residences. Guided by the belief that death is a natural and meaningful part of life's journey, the society also provides education around end-of-life issues.

The Powell River Hospice Society is currently working with the qathet Regional District and Vancouver Coastal Health Authority to build a four-bed hospice.

Find the Powell River Hospice Society at prhospice.org.

ginning of time — left anything un-Renewed.

This trust allows us the freedom to whoop in laughter even as we bawl in fear, knowing we will be brought safely home.

While there are characteristics that may describe a preferable death, there is room to examine our notion of what defines a good one. Authenticity asks us to abide and participate in Mystery, to consent to its work within us, and to bring forth our own splendid expression of life and death.



Dying Hospice



The unifying principal of Anna Byrne's personal and professional experiences is a deep regard for, and devotion to, the dignity and autonomy of individuals, especially those most vulnerable. She previously worked teaching adolescents with mental health challenges and adults with physical and cognitive disabilities. She has travelled in Canada, Africa, the Americas, India and Europe. She has also travelled the road of illness, having had cancer four times. She is the coordinator for the Powell River Hospice Society.



"I don't know how others do it. I couldn't have kept him at home if he'd been in pain, but Harley had no pain."

- Helen deBruyckere

well at
me

By Isabelle Southcott
isabelle@prliving.ca

Four years ago, retired RCMP Staff Sergeant Harley deBruyckere learned he had urethral cancer. It soon metastasized to his bladder and prostate.

He was able to stay at home - because he had no pain.

As his wife of then-30 years, Helen understood what her husband wanted or needed before he spoke.

"We set up a bed for him in the front room, so he could look out the window at our gorgeous view," says Helen. "We were able to communicate with each other through hand movements and eye contact."

Staying at home was Harley's wish, and it was "the best journey for him," says Helen. "Any change in schedule or routine was upsetting and confusing for him [as his illness progressed] as he had cognitive and mobility issues."

On April 21 of this year, he died at home. He was 78.

"Kevin (Harley's son) was there with me standing at the foot of his bed. I held him and said: 'Harley, go with your angels, go with your angels.'"

Helen said it was a beautiful death. "I wouldn't have changed that moment for anything in the world."

Over the past decade, the idea of 'dying well' has gained traction globally, as elders seek alternatives to what has become, too often, a prolonged, institutionalized, scary, lonely and painful process. Here in Powell River, the Hospice Society, end-of-life doulas, and other resources have nudged in, working to change how we live our last years - for the better.

Helen says one of the reasons that Harley was at peace was because he had no worries and no regrets. His affairs were in order. His will was up to date and Helen had legal power of attorney.

"This type of planning should be done when you are young...not when you are 75," says Helen, who was a financial planner for many years. "There's lots that people can do in advance," she added, such as filling out a 'Do Not Resuscitate' order (if that is what they want), representation papers, wills, and more.

Although Helen was able to keep her

husband at home until the end, she knows not everyone can do this. That's one of the reasons she's joining the Powell River Hospice Society this fall. She says we need a stand-alone hospice centre for those who are at the end of their life and need supports - such as pain relief - that can be tremendously difficult to provide at home.

"Harley was a big man," she said "I don't know how others do it. I couldn't have kept him at home if he'd been in pain, but Harley had no pain. I am fit and have a good understanding of working with the medical system. A lot of people can't keep their loved ones at home because they're not able to physically care for them, and because they don't understand what the patient is going through. So they can't meet their needs physically and psychologically."

Her own experience with cancer helped. Helen was initially diagnosed with hairy cell leukemia in 1988 and doctors estimated she had five to 10 years to live. She was 43 years old and a single mom at the time. Twice more, she overcame cancer.

Since then, she has spent more than 25 years counseling others through the Canadian Cancer Society.

"I'm not a nurse, I'm not a doctor and I'm not a lawyer but I have learned how to communicate with people."

In spite of the four years she spent caring for Harley at home, the fact that his affairs were in order, and her own background with cancer, her husband's death impacted Helen much more than she was anticipating.

"I thought I was well prepared," she said, "but no matter what you think, you cannot be prepared. I cannot even begin to explain what it did to me. For the first two months I couldn't even breathe. There was a hole in my heart and a knot in my tummy. He just slowly faded away. His body shut down and he shut down. He just went to sleep.

"Harley was my hero. He made such a difference in my life. He supported me and encouraged me to succeed in whatever I took on.

"I have lots of beautiful memories. Harley will always be with me." **Z**

Gently

into that good night

Powell River's newly-trained end-of-life doulas provide conscious and compassionate emotional, spiritual and practical support to the dying and their caregivers.

These three Powell River women received their training though the Conscious Dying Institute, who's mission is "to restore death and dying to its natural place in the sacred circle of life by creating a new wisdom-based culture of healing caregivers and professionals, practicing across all health care settings, who elevate the experience of end of life care."

They offer services such as:

- Creating 'Best Three Months' Care Plans - a practical tool that helps identify a person's goals, needs and wishes for their final months, weeks and days of life.
- Planning and supporting bedside vigils during the last days and hours of life.
- Creating and facilitating customized rituals and ceremonies before and after death that help evoke a sense of sacredness and peace, and help loved ones begin to process their grief.

Additionally, they are trained in holistic care modalities and make use of tools such as comforting touch, music and bedside singing, guided meditation, aromatherapy, and the creation of calming physical environments.

- Clare Mervyn

Clare Mervyn

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Why I do this work:

The deep need for additional and alternative deathcare approaches – which I first realized while watching my grandmother in the late stages of her life – is what initially attracted

me to this work. We live in a death denying culture, and people often find themselves without enough support while navigating this intense time. This work also allows me to be in service to others, infusing purpose and meaning into my own life. I have the privilege of being with people at one of the most sacred and mysterious moments possible (birth being the other), and I find this deeply awe inspiring and humbling.

Top moment: I had been sitting with a person for their last few months of life and often sang to them. One afternoon, as I began to sing, I was interrupted and it took me a moment to realize that they had started singing as well. They had not been verbal for some time and this moment felt deeply personal and powerful. I sat and listened to the beautiful and haunting song, which seemed to come from another world. From then on, they remained silent. They died a few days later. I am deeply grateful for having been present for this beautiful moment, it was truly a gift.

Heather MacLeod

End of Life Doula
604-578-0303

summerexcellence@yahoo.ca



Why I do this work:

A nurturer by nature, providing spiritual, emotional, end of life compassionate care to the dying and their family compelled me to this life.

Top moment:

My first clients, my own family and my dying father. Who better to share first hand, these healing gifts and specialties with the people who love you the most?

Hayley Luaifo

604 414 7147

hayleycreasey@hotmail.com



Why I do this work:

After being a nurse in the medical system for seven years, I felt like there was a piece missing when someone's dying time came and the care provided for the deceased body. The knowledge

and specialty service an End of Life Doula provides has the potential to generate a ripple effect in the present healthcare system for how the dying person and their loved ones spend that dying time. (Rhis is what called me to this work.)

Top moment: The most humbling experience I've had was holding space for a man I cared for during the transitional time at death while he labored through the process, showing various expressions on his face while this took place; ending in a giant surprised smile over his face before dying. ☑

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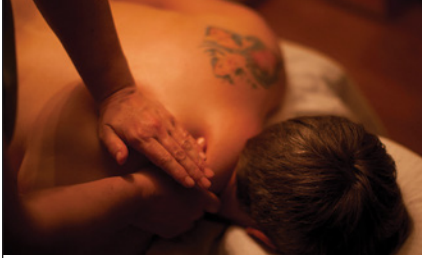
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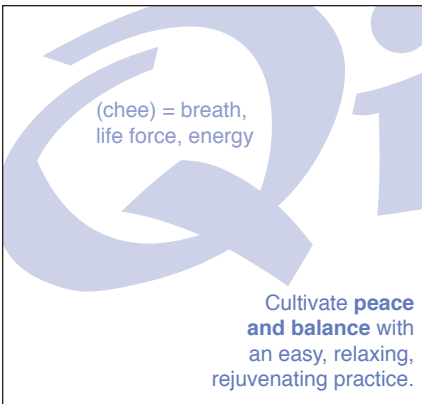
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Strong Start Preschool Programs

604-485-6271ext 2244
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Healthy Families Program

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604-483-4940 • 6799 Cranberry

Eva Van Loon uses CBT to build underlying learning skills.

Deanna Bourguignon Counselling Services

604-414-9956

Registered Clinical Counsellor (BCACC) and Certified Hakomi Therapist

Dolsen Counselling Services

604-414-3354

dolsencounsellingservices.com

Here to support you through deep change in your life. Specific supports for anxiety, depression, grief, addiction recovery, and wellness planning. Online counselling allows you more privacy, flexibility, and affordability. More than talk therapy - we will focus on the whole self. You deserve compassion, and connection. Free initial consultation. LGBTQ+.

Dr. Susan Lacombe, Psychologist

604-789-7277 • #101-4536 Willingdon

Therapy for anxiety, depression, trauma, stress and relationship difficulties.

Mclsaac Counselling

604-414-7965 • 4536 Willingdon

paul@mclsaaccounselling.com

Professional, caring psychotherapy services to adults and adolescents. Men's issues, addictions, communication, aging and retirement. Deal more effectively with life issues such as depression, stress and anxiety, self-esteem, relationships, loss and grief, sexuality, substance abuse and more.

Rising Tide

Counselling & Wellness

604-414-4219 • 2221 Swede Bell

Are you looking for greater life satisfaction? Telephone, onsite and online counselling.

Specialized Victim Support Services

604-485-2620 • 209-6975 Alberni

Victim services program staffed by caring professionals. Free and confidential.

Shona Jackson Counselling

604-223-7927 • 4536 Willingdon

counsellingwithshona.com

Registered Clinical Counsellor. Individuals or couples. Specializing in Somatic Experiencing - using perceived body sensations to relieve trauma, reduce chronic pain and improve quality of life. Trauma, depression, anxiety, pain, stress, self-esteem, relationships, attachment, family history.

St. John Ambulance

Therapy Dogs

604.414.4096

Volunteers share their special canines to improve mental and physical health.

Sunshine Mental Health

604-414-7654 • 4794 Joyce

Psychology. Therapy/counseling and assessments for children, teens, and adults.

Tatiana Tsarouk,

Mental Health & Wellness

Counselling & Hypnotherapy

604-483-1835 • 5-3818 Joyce

PhD hypnotherapist introduces positive suggestions into client's subconscious mind.

Dental

Dr. James Bradley

604-485-2851 • 4662 Marine

Family and general dentistry services.

Dr. Belinda Chow

& Dr. Gary Needham

604-485-2777 • 4511 Joyce

Family and general dentistry services.

Clarity Momentum Growth

Are **you** ready to create some deep and lasting change?



Silvana Hernandez

Coach

604-414-4587

silvanahcoach@gmail.com

Long-term transformational programs using the Integral Coaching® Method

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604 485-4225

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It's a thoughtful and loving thing that you can do for your family.

When you pre-plan You save your family from the emotional burden of making arrangements when you are gone, because you have already made the decisions, calmly and free of emotional stress.



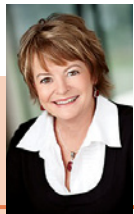
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stubberfieldfh.com

Chris Drummond

Counselling Services



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Fax • 604 485-7494
chrisdrummondcounselling@gmail.com
4536 Willingdon Avenue



Registered Clinical Counsellor, MA, RCC
Member of the BC Association of Clinical Counsellors

Counselling Support Services for:

Addiction • Phobias • Trauma • Anxiety
Post-Traumatic Stress Disorder • Depression
Marriage/Couples • Eating Disorders • more...

Experience in Mental Health and Addictions

Specializing in Treatment of:

Trauma • Post-Traumatic Stress Disorder
Panic • Abuse • Addictions • Anxiety Depression

Individual Issues for Counselling

Couples and Family Issues

Third party coverage
Extended health benefits, Employee Assistance
Programs, Crime Victims Compensation, etc.

ChrisDrummondCounsellingServices.ca

Dr. Ryan Sinotte & Dr. D Machin

604-485-2930 • 4621 Joyce
General and family dentistry, including
sedation options for those with anxiety.

Dr. Jamie Smillie

604-485-9771 • 5-7053 Glacier
Family and general dentistry services.

Dr. Ashok Varma

604-485-4090 • 4742 Joyce
Family and general dentistry services.

Powell River Denture Clinic Ltd.

604-485-7654 • 102-7075 Alberni
Honest, efficient denture services that
restore beauty and function to the
mouth. Repairs, relines, implants. See your
denturist at least every year or two!

End of Life

Clare Mervyn

End of Life Doula

604-483-9544
Help with the final transition: emotional,
spiritual and practical support.

Death Cafe

604-578-0303
Occasional gathering to eat cake, drink tea
and discuss death.

Heather McLeod

End of Life Doula

604-578-0303
Spiritual, emotional, compassionate care to
the dying and their families.

Hospice Society

604.223.7309 • P.O.Box 33 V8A 4Z5
Social, emotional and spiritual support to
individuals at the end of their life.

Stubberfield's Funeral Home

(604) 485-4112 • 7221 Duncan
Burial, cremation and memorial services that
honour all traditions and cultural needs.

Eyes, Ears & Feet

Bel Tone

604-485-0597 • 102-4801 Joyce
Professional hearing tests (free with doctor's
referral), hearing aid sales, follow-up care.

Connect Hearing

604-485-3028 • 32-7100 Alberni
Free hearing tests with the most advanced
hearing technology.

Iris / PR Optometry

604-485-7115 • 106-4801 Joyce
Eye exams with the most advanced
technology, eye emergency treatment,
fittings for glasses and contacts.

Dr. Louis M Botha

604-485-8455 • 102-4675 Marine
MBCHB(PRET), FCS(OPHTH)SA
Eye Physician & Surgeon

Pat's Foot Care

604-485-2566
Reduce painful callous, corns, cracked heels
etc. Help with foot ailments.

Powell River Hearing

604-485-0036 • 4794B Joyce
Comprehensive hearing tests. Hearing aid
dispensing. Aural rehabilitative counseling.

Sunshine Coast Eyewear

604-489-1324 • 4573A Marine
sunshinecoasteyewear.weebly.com
Affordability, Choice and Vision Excellence.
Relaxed no-pressure atmosphere.
Canadian brands, floating and plant-based
sunglasses. Second pair of prescription
lenses 50% off! Over 300 frames and
sunglasses to choose from. Follow us on
Facebook for new arrivals and eye info.

Food & Nutrition

Assumption Soup Kitchen

604-485-5300 • 7109 Glacier
A free community soup kitchen providing a
good, home-cooked warm meal.

Community Resource Centre

604-485-0992 • 4752 Joyce • prcc.org
Mon: Free brunch beginning at 10am.
Tuesday - Friday: Free lunch, coffee &
snacks beginning at noon. Provides a
safe place for community members to
socialize, integrate, learn, and have access
to basic services in the community.

Emmanuelle Burelli, Registered Health Coach

604-223-1272 • 6935 Harvie
emmanuelleburelli.com
Become a Healthier, Happier You!
Upgrade your lifestyle habits so you can
reach your healthy weight (once and
for all!), heal your relationship with food,
prevent chronic disease, increase your
energy and feel alive and vibrant. Weight
Loss Grant accredited provider.

Food Bank

604-485-9166 • 6812D Alberni
Open Tues - Wed - Thurs of every week
(10am to 2pm)

Food Security Project

604-485-2004
Works to strengthen the capacity of the
regional food system.

Kelly's Health Shop

604-485-5550 • 4706C Marine

Health food store with a large selection of supplements and herbs, personal care products, health food, beer and wine supplies, homeopathic items, and alternative medicines. Knowledgeable staff and holistic nutrition. Regular health education seminars.

Lisa Marie Bhattacharya, RHN

604-714-4065

Registered holistic nutritionist working in both prevention and therapeutics.

Resilient Health

604-414-0765

Occupational therapy and nutrition services for resilience against chronic disease.

Plant-Based R.H.N.

604-414-8399 • emma@plantbasedrhn.com
www.plantbasedrhn.com

Plant-based nutrition/cooking classes and consulting with Nutritionist and Certified Plant-Based Chef Emma Levez Larocque, helping to inspire people to eat more whole plant foods for the sake of improved health, a lighter eco footprint, and compassion. Fun, informative and delicious!

Health & Abilities Supports

Certified Breast Cancer Coach

604-489-0200 • 4585 Marine

Kitty Clemens is a Registered Holistic Nutritionist.

Community Adult Literacy & Learning

604-485-2004 • 6975 Alberni

Provides tutor training, matching adult tutors with adult learners.

Reach to Recovery

604-485-6114 • 604-483-9120

Hospital and home visits to recently diagnosed breast cancer patients.

Danielle Support Organization

604-485-6188 • 6447 Hillcrest.

Aids people experiencing medical financial crisis for treatment not available locally.

Literacy Outreach Coordinator

604-485-4796 EXT 7 • 6975 Alberni

Activities to highlight the importance of literacy, including health literacy.

Powell River Handydart

604-483-2008 • 6105D Lund

Accessible, door-to-door shared transit service for people with disabilities.

Powell River Model Community Project

604-485-2688 • 4493A Marine

modelcommunityproject.ca

Advocates for everyone with a disability to live in an accessible community and provides employment services. Ensures persons with disabilities have equal opportunity and an accessible community. Operated by inclusion Powell River Society.

Health info

BC211.ca

United Way in partnership with BC211, this online resource offers information and referrals regarding community, government and social services in BC.

Fetch

powellriver.fetchbc.ca

Online listings of community health services, provided by Vancouver Coastal Health and the Powell River Division of Family Practice.

Low Income Support

Assumption Soup Kitchen

604-485-5300 • 7109 Glacier

A free community soup kitchen providing a good, home-cooked warm meal.

Community Resource Centre

604-485-0992 • 4752 Joyce

prcrc.org

Mon: Free brunch beginning at 10 am.
Tuesday - Friday: Free lunch, coffee & snacks beginning at noon. Provide a safe place for community members to socialize, integrate, learn, and have access to basic services in the community.

Danielle Helping Hand Fund

604-485-2132 • 4750 Joyce

United Way and Seventh Day Adventist Church offer one-time funding for emergency situations.

Hygiene Cupboard

604-485-0992 • 4752 Joyce

unitedwayofpowellriver.ca

Do you need toothpaste, deodorant or other hygiene items? Stop by the CRC. The Hygiene cupboard is a project of the Powell River & District United Way in partnership with the Community Resource Centre (CRC) to ensure access to basic personal hygiene products for everyone.

Life Cycle Housing Society

604-485-6006 • 4949 Ontario

Not-for-profit housing for families, people with disabilities and seniors.

McIsaac Counselling



**Men's Issues
Addictions
Communication**

4536 Willingdon Avenue
paul@mcisaaccounselling.com
604.414.7965

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All levels welcome.**

**New client deal.
Two weeks unlimited
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**Hot classes, indoor
cycling, kettlebells,
TRX, yoga, and more.**

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coastfitness.ca
604-485-5160 // info@coastfitness.ca
Find us online



STROKE RECOVERY ASSOCIATION OF BC
POWELL RIVER BRANCH

Powell River Stroke Recovery would be happy to **visit** anyone who has had a stroke. A stroke survivor or any of the family members just has to ask. We supply support and information to anyone who needs it.

The **Stroke Recovery Group** meets **Tuesday mornings, 9:30-12:45** at the **Legion** (6811 Alexander Street)



Our organization is made up of three groups:
• Stroke Survivors,
• Caregivers, and
• Volunteers

All monies donated or raised by our group remain with our group to benefit stroke survivors here in Powell River.

For further information or to ask for a visit, please call Sandy at 604 489-0024 or Barb at 604 485-5950.

Powell River Health-Care Auxiliary

Where do your donations go?

When you drop off a donation or make a purchase at the Economy Shop, or buy an item at the Gift Shop, where does your contribution go?

It all stays in Powell River. It goes to help purchase equipment for the Hospital, Willingdon Creek Village, Evergreen Extended Care, and run programs like the Red Cross HELP office, free TV, Cadets & Candy Strippers, escorts, and more. It also helps:

- Therapeutic Riding • Danielle's Helping Hand Fund
- Mental Health Daycare Unit • Texada Island Health Centre
- Paddling for Life • and much more...

How can I volunteer?

YOU CAN HELP!

If you would like to volunteer for an organization that is run entirely by volunteers, you can pick up applications at the Economy Shop or Hospital Gift Shop.

6-7030 Alberni Street 604-485-0110

10am - 4 pm Monday-Friday

Donations accepted 7 days a week

[f prhealthcareaux.ca](https://www.facebook.com/prhealthcareaux.ca) • economyshop2016@gmail.com



Thanks for your support. Please keep your donations coming!

Chronic Pain Group Movement Series

5 WEEKS



You:

- suffer from chronic pain
- can walk - on your own, or with support like a cane
- can stay balanced on two feet - on your own, or with support like a walker

Instructor:

Kelly Edwards, Yoga Therapist

This series—specifically designed for people in pain—will teach you how to move safely, and with greater ease.

Days: Wednesdays

Dates: Nov 5 – Dec 7

Time: 5:15 pm to 6:45 pm

Location: Rec Complex, Elm Room

Cost: \$50

Dress comfortably. Both chairs and yoga mats will be provided.



To register: Contact 604-485-2891



Ministry of Social Development and Poverty Reduction

604-485-7962 • 6944 Alberni

Income assistance, child-care subsidy, and support for persons with disabilities.

Powell River Food Bank

604-485-9166 • 6812D Alberni

Open Tues – Wed – Thurs of every week (10:00 to 2:00 pm)

Marijuana Dispensaries

Grassroots Botanicals Co-op

604-485-6636 • 4730 Willingdon

Holistic, safe, reliable and affordable access to the highest quality medicinal products

Weemedical Dispensary Society

604-489-1125 • 4493 Marine

Medicinal marijuana, edibles, extracts, pipes and vaporizers.

Westcoast Medicinal Dispensary

1-604-800-0755 • 101-4690 Marine

Medicinal marijuana, edibles, accessories, consultations.

West Coast Pain Relief Inc.

604-344-0705 • 5712 Manson

Everything from flowers to teas, tinctures, and even treats for your furry friends!

Massage, Chiropractic & Physiotherapy

Behr's Massage Therapy Clinic

604-485-2155 • 201B-4690 Marine

We treat conditions such as low back pain and chronic pain.

Blue Lotus Wholistic Healing

604-414-9772 • 6804 Alexander

Massage and Reiki, balancing the physical, mental and emotional bodies.

Coast Community Physio

604-719-8315

Private physiotherapy service for older adults and those with neurological conditions.

Dale Roscovich, RMT

604-223-2950 • 4690 Marine, 2nd Floor

Massage for pain, chronic pain, stiffness, stress, maintenance and wellness.

Dr. David Gabelhouse, Chiropractic Services

604-485-2841 • 4285 Fernwood

Chiropractic services provided by a member of the College of Chiropractors of BC.

Heather Anderson, RMT

604-483-4380

Registered massage therapist. Myofascial release, visceral manipulation, scar release.

Jana Dawn Rocks Massage

604-414-5208 • Marine near Richmond

Deep tissue, hot stone and Swedish relaxation massage. 28 years experience.

Koastal Therapy

604-485-4833 • 4763 Joyce

Deep tissue massage, joint treatment, myofascial release, sports massage, and more.

Malaspina Massage Clinic

604-485-2224 • 105-7373 Duncan

Registered massage therapists. No referral necessary.

Marine Chiropractic & Wellness

604-485-9896 • 104-4675 Marine

Providing chiropractic and massage therapy, we use a biomedical, non-surgical approach to diagnose and treat injuries related to your joints, muscles, ligaments, tendons and nerves. Custom treatment plans that incorporate our patients' goals, preferences, and health care beliefs.

Mayet Massage Therapy

604-414-3978 • 9651 Evergreen

mayetmassagetherapy.com

RMT Claire MacPherson provides massage south of town. Services include traditional Swedish massage, deep tissue massage, Trigger Point Therapy, sports massage, Craniosacral Therapy, and myofascial release. Prices start at \$58 for a half hour treatment. Call or book an appointment online.

On Track Physiotherapy & Rehabilitation

604-485-4660 • 104-7075 Alberni

Assessment and treatment. Ergonomic consultations. Sports medicine (Dr. Mann)

Powell River Chiropractic

604-485-7907 • 4551 Joyce

powellriverchiro.ca

Dr. Ted Johnson has been passionately practicing Chiropractic for more than 24 years. Dr. Ted focuses on improving the entire function of your body through specific spinal adjustments and lifestyle recommendations that are unique to each patient.

Powell River Massage

604-483-6759 • 10007 Elias

Massage therapy and energy wellness services.

Suncoast Chiropractic & Custom Orthotics

604-414-7815 • 105-7373 Duncan

suncoastchiropractic.ca

Chiropractic. Shockwave. Laser. Orthotics. Chiropractic care along with custom orthotic services, ergonomic assessments, kinesiotaping, and functional movement screens.

Timber Massage & Wellness

604-344-0605 • 6935 Harvie

Registered massage therapist, naturopathic doctor and health coach.

Westview Massage Therapy

604-485-7085 • 4603 Marine

Registered massage therapists.

Medical Clinics

Botha, Dr. Louis M.

604-485-8455 • 102-4675 Marine

Eye Physician & Surgeon

Erin Berukoff, NP

604-485-9213 • 7019 Alberni

Nurse Practitioner with Vancouver Coastal Health.

Dr. Ginette Cloutier, R.TCM.P

(604) 223-7100 • 4680 Willingdon

Chinese Medicine including acupuncture, herbs, cupping and Yang Shengfa

Medical Clinic Associates

604-485-6261 • 4794 Joyce

General practitioner medical clinic.

Dr. Pieter Rossouw

604-485-4877 • 6963 Alberni

Family Doctor.

Powell River

Community Health Centre

604-485-3310 • 5000 Joyce 3rd Floor

Marine Medical Building

604-485-2430 • 4539 Marine

Family Physicians.

Family Tree Health

604-485-9213 • 7019 Alberni

General practitioner medical clinic.

Texada Island Health Centre

604-486-7525 • 4977 Sanderson

Also known as the Texada Medical Centre, home to Texada's physician and nurse.

PR General Surgery Clinic

604-485-0152 • 6935 Harvie

The clinic for Powell River's surgeons, including Dr. Pavel Makarewicz, Dr. Poitr Pater, and Dr. J. Chevalier.

Tla'amin

Community Health Services

604-483-3009 • 4895 Salish Drive
Provides care for all health conditions including pregnancy and prenatal visits, childhood illnesses, checkups, vaccinations, wellness counseling, sexual health screening, PAP smears, birth control, WCB and ICBC claims, adults and elders with common ailments (such as sore throats, coughs, aches and pains), and chronic diseases (such as diabetes, high blood pressure, hypertension), medical procedures (such as suturing, biopsies and joint injections) etc.

Womens Health Clinic

604-485-3310 • 5000 Joyce, 3rd Floor
Women's Health Clinic, one Friday per month, by appointment.

Movement

Avid Fitness

604-485-9580 • 102-7373 Duncan
avidfitness.ca

Large gym with a great variety of strength and cardio equipment. Training Centre with daily classes for all ages and levels of fitness – class schedules and details available at avidfitness.ca. Personal trainers. Hatha Yoga. Running Store and Smoothie Bar. Located across from the airport.

Better Bodies Gym

604-485-9600 • 7074 Westminster
Gym available to the public with membership includes workout and the pool.

Coast Fitness

604-485-5160 • 101-7385 Duncan
Safe, professional, fun, and affordable fitness and yoga classes. Whether working on building strength, flexibility, endurance, confidence, or recovery, it all happens at Coast Fitness. They are committed to being a group fitness facility for every body. Free first class.

Elements Movement

604-319-7013 • 5813 Ash
From mellow yoga to strength and conditioning, power yoga to fitness.

Heart As Home Yoga + Art

(250) 514-2046
Slow Flow, Yin & Restorative Yoga with a mix of poetry and art.

Imperfect Yoga

(250) 739-4259 •
Youth, Hatha, Restorative, Yin yoga.

My Element Fitness

604-414-4133 • 4552 Willingdon
Rowing, running, strength training, hiking & yoga classes, nutrition & personal training.

Nourish Yoga & Wellness Studio

604-485-2596 • 218-4801 Joyce
Yoga, dance and gentle movement practices in a welcoming space.

Pilates & Fitness with Terri

604-485-5876 • 7053-B Glacier
Controlled method of exercise with focus on deep abdominal and back muscles

Pilates with Silvana

604-414-4587 • 7053-B Glacier
Non-impact workout for core strength & stability. Improves posture & alignment.

Powell River Therapeutic Riding Association

604-485-0177 • 4356 Mrytle
Therapeutic horseback riding for those with physical, mental and learning disabilities.

Powtown Crossfit

(604) 999-3081 • 4504 Fernwood
Gym designed for functional movement constantly varied at high intensity.

Qigong with Sandra

604-483-3509
www.QiSandra.ca • email@QiSandra.ca
Qi (chee) = breath, life force, energy. Gentle, but powerful, qigong is an accessible, relaxing, rejuvenating practice that includes Qi self-massage, meditation, and mindful movement. Classes and personal healing sessions are available.

Recreation Complex

604-485-2891 • 5001 Joyce
powellriverprc.ca
Swimming, skating, aerobics, fitness centre, sauna, hot tub and much more. Regular fitness programs ranging from weight room orientations to drumming to spinning to yoga and more. Steady Feet, walking clubs for seniors, cardiac rehabilitation and more.

T-Fit Training Centre

604-485-9395 • 117-4801 Joyce
Fitness conditioning classes, special series and custom fitness programs.

Taoist Tai Chi

604-414-0383 • Corner Michigan & Duncan
Beginner and advanced classes in this exercise form.

Total Body Training

604-223-4158 • 4377 Georgia Crescent
totalbodytraining.ca
One-on-one personal training in a gym all to yourself. Customized programs for weight loss and strengthening. Special consideration for anyone with joint or medical issues. Fitness should work! If it isn't, call Nancy. Free consultations.

Naturopaths

Dr. Michael Reiersen Naturopathic Physician

604-489-5919 ext 223 • #111-4871 Joyce
Family health care naturopath at the Medicine Shoppe.

Dr. Lani Nykilchuk

604-344-0605 • Unit B - 6935 Harvie
Naturopath at Timber Wellness. Acupuncture, homeopathy, botanical medicine.

Pharmacies

Powell River Pharmacy

604-489-9272 • 4280 Joyce
fb.com/powellriverpharmacy
We provide a complete and holistic level of care to our patients using forward-thinking, innovative treatment solutions. We go beyond traditional pharmacy and prescription services to areas such as custom medication compounding and other innovative solutions.

Rexall

604-485-2929 • 4749 Joyce
Pharmacy offers compression stockings, blister packing, free delivery and more.

Safeway Pharmacy

604-485-4244 • 7040 Barnet at Joyce
safeway.ca/pharmacy
Professional staff work hard to ensure the medications you depend on are safe, effective and prepared in a timely manner. From flu shots to travel health, our pharmacists are experts on a wide range of health and wellness topics. Drop in or call us to make an appointment to discuss your medications today!

Save-On-Foods Pharmacy

604-485-2629 • 7100 Alberni
Medication checks, vaccines, diabetes management, reminder packs, compounds

Shopper's Drug Mart

604-485-2835 • Town Centre Mall
Prescriptions and over-the-counter medications with our team of pharmacists.

The Medicine Shoppe

604-485-5530 • 111-4871 Joyce
Compounding pharmacist can create customized formulas of your prescriptions.

Walmart Pharmacy

604-485-0141 • 7100 Alberni
Pharmacy supplies at affordable prices.

Sexual Health

Options for Sexual Health (OPT)

604-485-3310 • 3rd Floor, Hospital
Non-judgmental birth control counselling, contraceptives, testing, and info.

Sensual Soul

604-414-7605
Niseema coaches couples and singles on aspects of their relationships and sexuality.

Sexual Abuse Intervention

604-485-0600 • 202-7373 Duncan
Treatment for children and youth who have been sexually abused.

Societies

Bruce Denniston

Bone Marrow Society

877-485-8488 • Box 157 V8A 4Z6
Working on behalf of the Canadian Unrelated Bone Marrow Donor Registry.

Child, Youth & Family Services

604-485-3090 • 7105 Nootka
PRCYFSS. Service for children, parents and families through counselling and programs.

Community Living BC

604-223-3394 • #205-4801 Joyce
Supports adults with development disabilities and their families in BC.

Community Services Association

604-485-5335 • 209-4801 Joyce
A non-profit organization that plans and administers social services.

Diversity Initiative

604-485-2004 • 4727 Marine
Supports initiatives that address anti-racism awareness and cross cultural relations.

Division of Family Practice

604-485-4700 • 4760 Joyce
Supporting the work of local health professionals and promoting a healthy community. Membership includes all local general practitioners, specialists, and nurse practitioners. Collaborative efforts focus on physician recruitment, health promotion, and the local economy.

PR Healthcare Auxiliary

604-485-0110 • 6-7030 Alberni
prhealthcareaux.ca
Volunteer association runs the Economy Shop (see the website for details on how to donate used items) and the Hospital Gift Shop, raising money for local health care. Also runs the Red Cross Health Equipment Loan Program (HELP) and various patient comfort programs at the hospital.

Hospice Society

604-223-7309 • P.O.Box 33 V8A 4Z5
Support and education for end-of-life and bereavement.

Inclusion Powell River Society

604-485-6411 • 201-4675 Marine
Providing a range of services, for over 60 years, to children with extra needs and adults with developmental disabilities.

PREP Community Programs

604-485-2004 • 4727 Marine
PREP Society has been operating in Powell River as a non-profit organization since 1984.

Transition House Society

604-485-4554 • 201-4801 Joyce
The society works to end violence toward women and children.

Volunteer Powell River

604-485-2132 • 4750 Joyce
Volunteer Powell River (VPR) is a free service for community members looking to volunteer their time. VPR maintains a network of opportunities between volunteers and organizations. VPR also promotes volunteer opportunities through a variety of partners and resources.

Support Groups

Brain Injury Society

604-485-6065 • 101-7020 Duncan
braininjurysociety.ca
The Society provides support, education and advocacy for persons living with an acquired brain injury, their family, friends and caregivers through goal specific, unique and innovative programming.

Canadian Council of the Blind

604-485-5028
Support organization for people with visual impairment.

Elders Group (Tla'amin)

604-483-3009 • 4895 Salish Drive
Coordinates programs that are inclusive to Aboriginal Elders (55 and older).

Mutiple Sclerosis Support Group

604-485-4573 • 11-4020 Saturna
Support group and information source for those experiencing the challenges of MS.

Schizophrenia Society

604-787-1814 •
Offering information, education and support to families and mental health consumers.

Senior Citizens' Association #49

604-414-9456 • 6792 Cranberry
Provides social, mental and physical activities for seniors 50+.

Stroke Recovery

604-489-0024 • Tuesdays at Legion
The Powell River branch of the BC Association is made up of stroke survivors, caregivers and volunteers. They're happy to visit anyone who has had a stroke and provide support and info to survivors or family members. Stroke Recovery Group meets Tuesdays 9:30-12:45 at the Legion.

Women's Health Network

604-485-2132 • 4750 Joyce
United Way and VCH partnership to promote and support women's health.

Wellness

Coaching with Silvana

604-414-4587 • silvanahcoach@gmail.com
integralcoachingcanada.com
Enabling deep and lasting change. Enjoy clarity, momentum and growth as you are lovingly guided through transformation with the Integral Coaching® method – a proven track record for delivering lasting change, in a space of deep care and uncompromising standards.

Inner Light

604-483-8927 • 5794 Marlatt
Healing, Counseling, Pure Meditation & Personal Healing Retreats

Live with Bliss

604-483-4380
Essential oil products and training. Discover how the right oils can help you.


Simply Bronze

604-485-4225 • 6975 Alberni
simplybronze.ca
Let your body make its own Vitamin D naturally, with a tanning visit to Simply Bronze. (Fake sun still produces Vitamin D!) Exposure to sunlight improves your energy and elevates your mood. Detox in the infrared sauna.

Spirit Wind Healing

604-487-4274 • #5 - 4603 Marine
Angel readings, reiki, ARC bodywork, Hawaiian Huna, Psychometric Aura testing.

Wellness Energy Services

604-485-6759 • 201C-4690 Marine
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VCH Services

The following programs are provided through Vancouver Coastal Health at the Powell River General Hospital. 604-485-3310 • 5000 Joyce Avenue

Adult Day Program

Social stimulation and therapeutic recreational programs in support group settings. Clients attend for caregiver respite, awaiting residential placement, and other reasons.

Adult Mental Health Program

Serves clients over the age of 19 who are diagnosed with a major mental illness and experiencing significant problems that interfere with their functioning in the community.

Air Quality Program

Ambulatory Home Care Nursing Clinic

Assisted Living

Audiology Services

Child Health Clinic

Bring your Child Health Passport to record your child's current and past immunizations up to age 5.

Facilities Licensing

Inspection of licensed adult and childcare facilities

Community Nutrition Services

Dental Public Health Program

Drinking Water Safety

Early Childhood Vision Screening

Food Safety Program

General Hospital

33-bed facility providing services that include surgery, endoscopy, ICU, obstetrics, in-patient psychiatry, oncology, emergency and diagnostic services.

Harm Reduction and Needle Exchange

Hospice Palliative Care

Immunization Clinic

Influenza Vaccinations

New Mother and Baby Care

Nursing Support Services

Public Health Nurse Prenatal and Early Years

Recreational Water Safety

Monitoring recreational beaches weekly during the swimming season. Commercial pools and hot tubs are also approved and inspected regularly.

Safe and Healthy Environments


Water, food safety and water treatment information.

Speech and Language Services

Children Age 0-5 Years

Tobacco Reduction Program

Youth Clinic

Free and confidential drop-in health services for youth. This includes HIV and STI testing and treatment, birth control options, contraceptives, condoms, pregnancy tests, pap tests, clinical youth counselling and more. 

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Chronic

My journey through pain.

By Emma Bashford

My breath steamed into the icy air as I jogged steadily uphill in the snow in my Yaktrax.

I was out trail running — the early stages of training for the 2014 *Vancouver Sun* Run taking place that April. I'd started out on Whistler's Valley Trail which had been cleared of snow that morning, but had taken a different route home — carefully — through a forest trail thinly carpeted with snow.

But not carefully enough.

Tears stung immediately as I slammed to the ground, my neck contorted and body sprawled in the snow. The metallic taste of blood saturated my mouth as intense pain throbbed deep in my neck. I staggered to my feet, sobbing, then trudged home, shocked and scared, scanning the ground for any more snow-covered black ice.

At physiotherapy later that day I was treated for locked cervical facet joints and had muscle spasms and inflammation. Little did I know, but this was the start of what was to be a long journey with persistent (chronic) musculoskeletal pain. I was 42.

The rest of 2014 rolled along relatively normally. Following the accident, I had physiotherapy for a couple of months and returned to work teaching English and freelance writing and copy editing for the local newspaper. But my neck

continued to niggle me at a low level, and I uncharacteristically became less active as it hurt (the physiotherapist had advised me to stop mountain biking as it would irritate the injury and I gave up my beloved yoga and was just dog walking and hiking).

Fast forward to Canada Day 2015.

During dinner at a friend's house I suddenly started to get an intense, deep, pinching pain in my mid neck while we sat eating. It got so severe that we had to leave — sitting was impossible — and later that night, with severe pain, I went to the emergency clinic. I was given morphine on a drip, released with opiate painkillers and given documents for a CT scan within the next few days.

This was the start of the really severe pain, which lasted for weeks. Distressingly, I had to stop all work teaching, writing and copy editing. Sitting, especially at a computer, became impossible. The CT revealed a bulging disc in my neck.

During July and August I had weekly osteopathy and acupuncture treatments, and spent much of the time lying down as walking even for 15 minutes was so painful. It was extremely isolating. Drinks and dinner with friends stopped. I became withdrawn. Performing functional tasks around the home was hard, and I became physically deconditioned and anxious.

By the end of August it was clear I was getting no better, although acupuncture was initially helpful. A friend gave me the name of a different physio in town,

an expert in spinal injuries, and I began bi-weekly appointments with him.

At this point things completely turned around. The physio, Mike, spent a whole hour with me, horrified at the immobile state I was in. I'd become

HELP IS HERE FOR CHRONIC PAIN

At any given time, about one in five Canadians is suffering from chronic pain. It's a huge medical issue. And the over-prescription of opiates has compounded the problem.

Here in Powell River, the local Division of Family Practice and Pain BC have faced the challenge head-on, with a pain self-management group and program, and many stand-alone events that help people take control of their pain. See www.painbc.ca/powellriver for more.

terrified of movement and could barely walk round the block. I'd completely lost all range of motion in my neck from not moving for two months. He explained to me that a disc bulge was nothing to fear, that many people have them with no symptoms at all (think 'wrinkles on the inside!') and that my initial pain most likely from hunching forward at desks and computers - and now from not moving!

A light switch went on. Pain was still present, but the fear was gone.

I saw Mike weekly from then on, and he progressed me through different sets

of C-spine movements — stretching and strengthening. It was slow progress, but was determined. I wanted my life back!

I did 100 of four of five different exercises a day and slowly increased my walking. The pain slowly subsided and joyful me returned. By December 2015 I was back at work teaching, writing and editing and ecstatically went snowboarding on a beautiful, blue sky Christmas Day.

I spent the winter completely pain-free and went boarding, snowshoeing, cross country skiing, for long snowy dog walks and the gym once a week. But in April the pain started to creep back.

I hadn't seen Mike since December, but panicked, I went back to him and he gave me some of the exercises that I'd initially recovered with. He explained to me that because of my history my pain alarm was now set on high and explained the basics of persistent pain and pain science to me. I got it. But the chronicity set in that year, and I spent several months off work again, though overall my pain was manageable and I was able to travel to Thailand for a month in December 2016 — a blissful, virtually pain free month.

I was back teaching in January, but by April the pain was at excruciating new levels. Work became increasingly difficult. I'd leave in tears and have to spend the next few hours in bed. I tried working two days a week but just wasn't able to function, and stopped completely.

The pain had changed to a nervy, burning intensity and I started seeing a counsellor for anxiety. At this stage I took two eight-week mindfulness courses back to back which were

of enormous benefit (I'd started meditating to help with the pain). An MRI revealed nothing new.

That summer, I had treatment from a different chiropractic specialist using the structural approach, which contradicted the advice I'd previously received. The pain persisted.

Why wasn't I getting better? I didn't know what to believe anymore.

So, I took control. I thoroughly educated myself with the latest scientific knowledge on pain, why it persists and ways to recover. I started moving my neck again. I learnt that when pain persists, it's less about damage and more about sensitivity — an over-sensitive nervous system doing its best to protect. Scientists agree that pain happens when the credible evidence of danger to one's body is greater than the credible evidence of safety to one's body. All pain is produced by the brain, which is influenced by a variety of different factors including context, thoughts, beliefs, emotions and more. It is incredibly complex. I now realize that many factors contributed to my experience of pain including stress, grief, trauma, fear and anxiety (including pain catastrophizing). Our brains and nervous systems are adaptable, however, and there is hope for recovery. Patience, persistence, courage and a support network are musts.

I believe complete recovery is possible. Encouragingly, some people completely eliminate pain, others lessen it. It's a matter of finding out what works for you. I've tried, over the years: osteopathy, opiates, physiotherapy, massage therapy, myofascial release, sound healing, acupuncture, laser therapy, CBT (cognitive behavioural therapy), mindfulness based pain management, mindfulness based cognitive therapy, neuroplastic brain training and more. I'm now training to be a MBPM (Mindfulness based Pain Management) teacher with Breathworks U.K. and a Clinical Somatic Educator with Essential Somatics.

Mindfulness meditation and somatic movement help me the most and keeping moving is crucial (I also walk and do yoga). Working with a counsellor was invaluable. In Powell River I've been delighted to find great support for those in pain, much more so than in my previous community, which I'm thankful for.

I believe belief in recovery is the key and it's critical to keep moving. To quote from Peter Pan: "The moment you doubt you can fly, you cease to be able to do it." 🦋

Emma Bashford relocated from Whistler to Powell River just four months ago. She is currently training to be a mindfulness based pain management (MBPM) teacher and clinical somatic educator, following a career in snowboard coaching, writing and teaching. She is passionate about raising awareness about persistent pain and loves being out in nature or on her yoga/somatics mat.



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The scene was stunning. The patient was on the first floor, where she had been for almost a year. Her husband and child lived on the floor above, the two floors connected by a spiral staircase. The patient had been suffering from severe back pain ever since the birth of her child, now a little more than a year old.

Mothering the child was impossible. The patient had a level of stiffness that was unique in its severity. She was in constant pain, immobile, depressed, suicidal and certain that she would never recover. The medical student became fully engaged with the family. In fact, he became a kind of godfather to the child.

We employed home physical therapy, massage, acupuncture and psycho-therapy. As well, I used antidepressants and pain-relieving drugs. Who cares which treatment worked best? It was an emergency that required pulling out all the stops. Within a few weeks, there was major improvement, and within six months, the patient was mothering her child and back at work. The medical student went on to become a family practice resident and ultimately head of sports medicine at McGill.

Without telling me what she was going to do, the patient wound up on a popular CBC Radio talk show, where she told her story in four-part harmony, naming me and the medical student as her "saviours." The floodgates opened at the Herzl Family Practice Centre. A huge number of patients were calling, asking for appointments with me. Of course, all had severe back pain that interfered with their lives and employment. I could not handle the volume and had to develop a strategy. I instructed my secretary to say that my practice was full, but if the patients were willing

A big pain

to be seen by a first-year family practice resident (emphasize first-year), I would work with the resident in the provision of care. This screening manoeuvre reduced the number of patients to about twenty, all extremely pain-ridden and desperate.

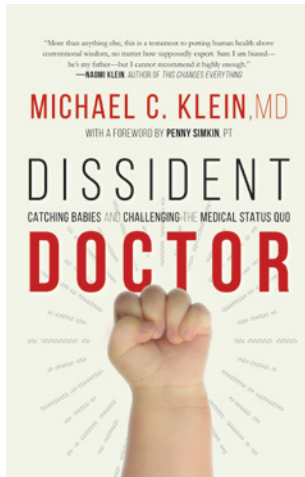
I met with the residents and reassured them that each would receive only one such patient. I instructed them to begin each encounter with the following:

1. "I don't know how you have managed to deal with such severe pain for so long."
2. "I am sure that you have been told that it's all in your head. But it's in your back!"

After this opening, almost all the patients cried. At last, someone was listening.

By this time, much of the pain was at least partially in their heads, in the sense that chronic pain always has a major psychological component. Nevertheless, the patients did not want to hear about their psychological state. Most patients come to a family doctor because they have conceptualized their pain as somatic, or physical, rather than psychological. It's the nature of our role.

After starting with those two opening statements, the residents could hardly believe their success with the patients. For all, we used multiple modalities, all at the same time. To everyone's surprise, almost all 20 patients improved in a major way, 16 of the 20 returned to work and all but one made major improvements in their quality of life." ▣



Retired to Roberts Creek, most locals wouldn't guess that lanky Michael Klein was a famously rabble-rousing obstetrician. Now, the father of activist Naomi Klein has written a memoir, *Dissident Doctor: catching babies and challenging the medical status quo*.

He also suffers from chronic back problems.

In this excerpt, he shares a story about doctors failing to believe in patients' pain.



Toe Jammed



*Dr. Jeremy Buhay
Chiropractor*

"Take a look at your hands, generally fingers don't touch each other when they're relaxed. Our toes should be fairly similar to this."

- Dr. Jeremy Buhay



So, what's the deal with toe spacers?

Simply put, toe spacers spread your toes. Most people have been wearing shoes since they were knee high to a grasshopper, and often this footwear has caused damage by compressing the front of the foot leading the toes to be squished together.

After years of narrow footwear, the foot will start to change shape and develop a deformity to adapt to the style of footwear worn. These deformities can be odd looking, painful, and also lead to many other difficult to fix problems as the years carry on.

Take a look at your hands, generally fingers don't touch each other when they're relaxed. Our toes should be fairly similar to this.

However, as our feet adapt to the shoes we shove them in, toes start to compress, and even overlap in some cases. Some of these changes in toe alignment can be very painful and even require surgery, such as the case with a bunion formation of the big toe. The tissues of the plantar fascia can also be affected by toe misalignment, leading to intense plantar fascia pain

and problems.

One of the lesser known benefits of correct toes is their ability to boost circulation to the feet and toes, which in turn improves the health of the tissues in the feet and toes. (Foot and toe circulation are important because they affect the health of foot and toe tissues, and is an indicator of the health of the general circulatory system.)


Toe spacers can also have a positive effect with difficult conditions such as Morton's neuroma, hammer toe, foot cramps, and metatarsalgia.

The next question is how to go about using toe spacers.

I recommend by starting with small doses and slowly increasing. And in total honesty, they are a bit uncomfortable for the first while, so patience is required as the foot starts to adapt to a new healthier alignment.

Start wearing them in bare feet (while weight bearing) one hour a day and add an hour each week until you are comfortable wearing them for extended periods of time.

Some people love them so much they even wear toe spacers in shoes and at night!

If you have any questions about correct toes please feel free to stop by Marine Chiropractic & Wellness to inquire. 

PREP

Q: Who's vulnerable?

A: Almost everyone, sometimes!

Young families
 Pregnant women
 Substance users
 Immigrants
 Underemployed
 Unemployed
 Low-income
 Minorities
 Literacy-challenged

Inclusive services connecting a thriving coastal community

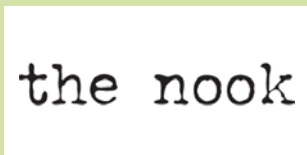
PREP Society is a not-for-profit agency that provides support and advocacy for people in Powell River who are in transition, who are marginalized, and/ or are in need of additional community resources.

Operating since 1984, our programs are designed to address the current and emerging needs of individuals and families across all demographics.

Our goal is to give support when needed while building capacity for independence and self-advocacy as appropriate.

Affordable Housing coming soon to Joyce & Harvie:

40 units of permanent modular supportive housing for people who are homeless or at risk of homelessness, in partnership with BC Housing. Residents will have access to 24/7 support services provided by PREP, including access to employment and other life-skills training, and health and wellness services. The development is scheduled for completion Spring 2019.



Powell River Employment Program (PREP) Community Programs
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10 things to try this fall:

□ **Drop-in for Fitness**

Getting in shape can be easy, efficient and affordable. Hit the weight room, pool and hot tub, take a class, skate or play shinny - all for one low fee.

□ **Free Family Swims**

Sponsored by United Way, come out on Oct. 6, Nov. 3 or Dec. 1 for a free swim from 2-4 pm.

□ **Breakfast with Santa**

Saturday, December 22. Join us for Breakfast with Santa, take some festive photos in the photobooth and then head into a Winter Wonderland Skate.

□ **Winter Wonderland**

Take the whole family for this Powell River tradition: a skate through the "forest" December 7 to 28. Hot cocoa is available!

□ **Learn to cook**

Kids learn independence at *Kids Can Cook*. Adults can learn to make Mozza and Gouda.

□ **Sweat it out**

Take your conditioning to the next level with an intense class: Drums Alive, Spin, Skateboarding, Deep Fit, Body Sculpting or Factory Hockey.

□ **Brush up your stroke**

Swimming is one of the best life-long, total-body workouts. Try Adult Basics, or Adult Masters for advanced skills.

□ **Get back on your feet**

The Complex's specialty rehabilitation and prevention programs are designed to help injured and aging bodies regain strength and mobility.

□ **Learn to save lives**

Both First Aid and Lifesaving are offered this fall.

□ **Holiday with us**

We're open for both the Thanksgiving and Remembrance Day stats. Come see what we can do for you!