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Want to live longer? Get connected!

By Isabelle Southcott, Publisher



I mean to spend time with real people in real time.

This is often easier said than done. Instead, I often get trapped looking at Facebook or Instagram, rather than enjoying my friends and family face-to-face.

Some people have no trouble meeting people and making friends but others find it hard. Maybe your spouse was the gregarious one and now that he's passed away, you find yourself spending too much time alone. Maybe you're newly divorced with grown children and just moved here for a job and you don't know anyone. Life changes can be difficult but they're always easier when you have people to share them with.

Lionel Desilets (see story on page 7) is all about connection. Not only are he and second wife Rita connected to their family of 16 children, 41 grandchildren and 35 great grandchildren, they're connected to their church too.

Not everyone comes from such a large bustling family but that doesn't mean you have to be socially isolated or lonely. Humans are social animals: we crave feeling sup-

ported, valued and connected.

Sometimes joining a group is a good way to start. If you're interested in an activity, improving your fitness or learning something new, see what's out there. Spiritual connection is another important element and we have many churches and other spiritual communities to choose from.

It's hard to be lonely when you have a pet in your life. Not only do cats and dogs make excellent companions but dogs are always happy to see you. And dogs, such as Sunny, a medical assistance dog, who helps Reverend Rhonda Alton with Post Traumatic Stress Disorder – is more than a friend, she's a Godsend (see Page 20). Cats, well, even though they let you know in no uncertain terms that your sole purpose in life is to look after them, they're still good companions!

Hold on, hold hands or hold a paw, just connect with someone or something else.

And make sure you keep ZEST on hand! This issue contains a directory of health and wellness professionals. People tell us they keep ZEST around all year long as it is a useful resource. **Z**

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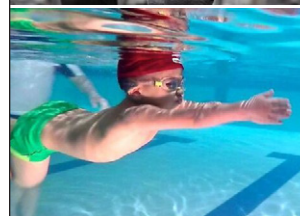
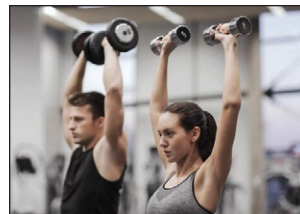
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On the Cover:

Volunteer with the BOMB Squad, a collection of skilled trail builders, nearly all retired. *Photo contributed*



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www.powellriverprc.ca



Are
You

L O

Lonely?

(If so, you're not alone.)

It's ironic isn't it? Powell River is more "connected" than ever before, thanks to social media. On Facebook and Instagram, it's easy to amass hundreds of friends and followers. Yet, more than twice as many people today say they're lonely, as did 40 years ago.

In fact, new research suggests that loneliness can be as detrimental to health as smoking and obesity.

By Isabelle Southcott
isabelle@prliving.ca

All the lonely people

where do we
all belong?

Britain created The Ministry of Loneliness in 2017 to tackle what the government called a “crisis.” Here in Canada, conditions are no different. Studies show one in five of us experiences some degree of social isolation or loneliness.

It only gets worse as we get older with children leaving home, friends moving away or dying. In fact, Canadian Census data shows about one-quarter

of the population aged 65 and over now live alone. Not only can that affect your mental health, but it can also increase the chances of an early death.

You are lonely when your current relationships don’t meet your needs. Fortunately, Powell River is a community that takes social connection seriously. If you find yourself feeling lonely, that is a fixable problem at any age (See Page 8 for more.)

- When researchers at the University of California followed a group of seniors for six years, they found that by the end of the study, almost a quarter (22.8 percent) of all the older adults who had reported feeling isolated or lonely had died. Another 25 percent had suffered significant health declines.

- In contrast, among the seniors who said they were happy or satisfied with their social lives, only 12.5 percent had declining health, and only 14.2 percent had died.

- Isolated individuals are twice as likely to die prematurely than those with strong social connections.

- Research shows that individuals who are less socially connected have disrupted sleep patterns, more inflammation and higher levels of stress hormones than those who have strong social connections.

- One study even found that isolation increases the risk of heart disease by 29 percent and stroke by 32 percent.

- Data shows that good relationships boost immune systems, lower blood pressure and reduce the risk of dying from cancer.

- Social isolation can also increase the risk of Alzheimer’s disease and, research shows a lack of social connections is as damaging to our health as smoking 15 cigarettes a day.



BOMB Squad:

170 bridges and boardwalks with a side of camaraderie

A happy marriage and family leave no time for loneliness

At 97-years of age, Lionel Desilets exemplifies why social connection helps people live longer. His first wife Anne, to whom he'd been married to for 66 years, died in 2013. One year later, he tied the knot with long-time family friend Rita De Pape, 84, whose husband had passed away in 2008. Getting married was something they both say was the natural thing to do.

The two families had known each other since the De Papes moved to Powell River in 1959. Both families, deeply religious, met at church and remained friends ever since. "My youngest daughter and his youngest daughter were best friends," said Rita.

The De Papes had nine children; the Desilets seven. The two families spent a lot of time together over the years, so it was natural that Rita, who lived in Okeover, would continue to pop in and visit Lionel after Anne passed away. Their friendship deepened and a year later, the two were married. "It all just fell into place," says Rita. The couple also have a wonderful prayer life together, notes Lionel.

Their suite, which is part of son Rolland and Nancy Desilets' home, is a beehive of activity. On a late August morning, Nancy sat on a sofa holding her five-week old granddaughter Hannah Marie while her daughter Andrea dried off her other two children who'd been in their hot tub. Meanwhile Lionel and one of Rita's sons were just finishing up a pancake breakfast while Rita chatted away. "There's always someone coming or going," said Lionel. "Our lives are about family."

"Is transportation an issue?" I ask. "Do you have trouble getting to appointments?"

No, replies Rita. "Our family always gets us where we need to be, but I sometimes feel guilty that they do so much."

Nancy is quick to admonish her. "We want to," she says.

Between the two of them, they have 41 grandchildren and



FRIENDS TURNED LOVERS: Lionel Desilets and Rita De Pape married in 2014, combining their 16 children, 41 grandchildren and 35 great-grandchildren into one giant tribe.

35 great-grandchildren. Besides growing family, Lionel still works in his greenhouse and walks up to an hour a day. He uses a walker now as he's not as steady on his feet as he used to be, and the walker allows him to stop and rest as needed.

He's passionate about gardening and says this year's greenhouse is the best one he's ever built as it has sides that can be rolled up when the weather gets hot.

I ask what their secret to a long and happy life is and Lionel says this: "If you want a marriage to work you have to live for your partner and your partner has to live for you," he says. "Her children and my children are just our children. In order for it to work you have to live for each other – you can't live for yourself."

One of Powell River's most colourful service groups is looking for new members. From 1986 to the present, The B.O.M.B. Squad (Bloody Old Men's Brigade) completed over 170 bridges and boardwalks, while building a large part of qathet's trail network. They also maintain this trail network, cutting windfalls, weed whacking, fixing mud holes etc.

This group, much like a lot of local volunteer groups, is aging. There is a tremendous amount of knowledge, skills and abilities that need to be passed on to those that will hopefully maintain and further the traditions of the group.

Claim to Fame: Bridge & Trail Builders since 1988

Members: Between 16 - 20 active members

Volunteer hours: Average over 2000 hours per year

Member occupations: All members are retired but their past professions vary from local mill workers (carpenters, electricians, pipe fitters, instrument mechanics, millwrights), loggers, ranchers, teachers, doctor, police officer and business retail workers.

Goal: to keep active and busy, fostering camaraderie within the group but to also provide a community service by establishing and maintaining local trails that all members of the community can use and enjoy. Prior to 1988 there was very little public access to the back country because trails had yet to be established. The establishment of these trail networks also plays a public safety role in allowing people access to areas with confidence in not getting lost and also allows access for emergency services in the event of accidents or other mishaps.

Biggest frustrations: No frustrations - we're retired!

Biggest thrill: the public recognition and accolades for accomplishments over the last 26 years.

Website: www.squad.ca

Workin' for the (young) man

Gary Burnikell had worked for the federal government for 38 years as an employment counsellor and officer when he retired. He was happy to pack it in; it was time.

But four years ago, Gary was shopping at Mark's Work Warehouse and the manager suggested he apply to help out during the Christmas rush.

"I had no previous sales experience," said Gary, who was hesitant at the time. "The manager said, 'Try it... you may find you like it.' To my surprise I liked it a lot. In fact, I liked it so much that I applied for part-time permanent work." Gary found himself utilizing the same skills in his new job that he used as an employment counsellor and disaster relief volunteer.

"My 'people skills' were still being used but the customers were not as stressed, and the decisions were not life threatening."

Gary likes making people happy and enjoys seeing the satisfaction on the faces of customers when he can find something they want. He also likes working with people from a different generation.

"My shift supervisor is usually a 23-year-old," says the 72-year-old. "I'm a sales associate who reports to people less than half my age and I'm fine with that. I like my coworkers and I like working there. It helps me stay young and staying young is a state of mind more than physical aging."



THE CYCLE OF LIFE: Retiree Gary Burnikell, 72, stays in the fray by working at Mark's Work Warehouse and e-biking.

Although human connection is important to Gary (a husband, father and grandfather), he describes himself as a bit of a loner. Originally a long-distance runner, he switched to biking 30 years ago because of back issues. Until recently he was biking three times a week, year-round – 14 kilometres a trip. But he found the hills were a bit too much, so he bought an electric -assist bike (one of the perks of still working means he has money to buy toys).

"I didn't want to stop biking. I still have to pedal but the electric assist bike means going up Glacier is like pedalling on flat ground." 📌

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www.powellriverchiro.ca



Let's get together

Join something

A book club at the Library. An aquacise class or shinny drop-in at the Rec Complex. Powell River is brimming with opportunities to meet other people. Like nature? Join the Malaspina Naturalists for lectures, outings and more. Vancouver Island University offers Elder College courses.

Visit someone

In an ideal world, neighborhoods and communities would keep an eye out for older people and take steps to reduce social isolation by simply being friendly. Have tea with your neighbours. Play music on your porch. Many seniors enjoy connecting with friends and grandchildren through social media, and the Library offers free tech classes every month.

Serve your community

Service groups are about service, but camaraderie and connection are side-effects. Rotary, Kiwanis, the Knights of Columbus and church service groups are all always looking for members. Volunteer Powell River can match your skills with a need. The Evergreen Care Unit is looking for volunteer fellows who are comfortable having conversations, reading the paper or playing table games with socially-isolated male residents... 📌

HEALTH SERVICES IN POWELL RIVER

Acupuncture & Eastern Medicine

Dr. Catherine Cameron DrTCM

604-223-8877 • 4536 Willingdon
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Dr. Ginette Cloutier, R.TCM.P

604-223-7100 • 4680 Willingdon
Chinese Medicine including acupuncture, herbs, cupping and Yang Shengfa

Imagine Laserworks

604-223-STOP • #101-4585 Marine
Laser acupuncture helps you quit smoking, eliminate stress, anxiety, pain and more.

Patricia MacPherson

Acupuncture, Oriental Therapy

604-485-0250 • 4650 Willingdon
D.TCM since 1995. Worked as a Shiatsu/ Acupressure Therapist prior to that.

Powell River Healthworks

Acupuncture Clinic

604-485-0108 • 4898 Manson
Provides affordable, high quality acupuncture.

Addictions

A.A. Meetings

604-483-8349 • Bill M
12-step program to help alcoholics.

Al-Anon

604-483-9031
Help and support for families and friends of alcoholics.

Alano Club of PR

604-483-3800 • 5903 Arbutus
A clubhouse where people can socialize without drugs or alcohol.

Miklat Recovery House Society

604-483-6462
Non-profit providing a residential program for men to help men beat addictions.

Narcotics Anonymous

1-844-484-6772 • 5903 Arbutus
Recovery from addiction through working a 12-step program, including group meetings.

Did we miss you?

While we endeavoured to include as many as possible, we may have missed a health provider or service. If so, please let us know at 604-485-0003 or sean@prliving.ca

Overdose Prevention Site

Joyce Avenue near Duncan
VCH provides clinical support and harm reduction supplies, while PREP manages the safe injection site day to day.

SMART Recovery Meetings

Wednesday at 6:30 pm • 4752 Joyce
Self-management and Recovery Training non 12-step addiction recovery support.

Sunshine Coast Health Centre

1.866.487.9010 • 2174 Fleury
schc.ca

In our treatment programs for addictions, mental health, and trauma, we help clients in their personal transformation towards becoming healthy, thoughtful men inspired to live with a renewed sense of vitality and purpose. Outpatient services also available. Stay tuned for our inpatient women's program coming later this year.

Sunshine Coast Treatment Services

604-485-7983 • 103-4511 Marine
SCTS provides individual physician-directed methadone treatment services.

Age in Place / Home Support

Adult Day Program

604-485-9868 Ext 4805 • 4980 Kiwanis
Provides a range of programs for clients in a support group setting.

Better At Home

604-485-4008 • #201-4675 Marine
betterathome.ca
United Way helping seniors remain independent by providing friendly volunteer visits, transportation, light yard work, minor home repairs, light housekeeping, or grocery shopping. Operated by inclusion Powell River Society.

Brooke's Home Help

604-414-3728
Help for seniors and those recovering from accidents or surgery. Meal prep, outings, etc.

Cathy MacDonald, Senior Services

604-483-9454
Home support, liaison with medical staff and family, personal shopping, foot care and more.

C & C Homecare

1-250-702-7606
Companionship, light housekeeping, outings, appointments, and meal prep.

Home & Community Care

604-485-3310 • 3rd Floor, 5000 Joyce
Home support to help those with on-going health conditions remain in their homes.

Independent Lifestyles Homecare

1.855.484.7715
Personal support services that improve your overall health while remaining at home.

Kiwanis Lifeline

604-485-0499 • 4943 Kiwanis
For just a dollar a day, our industry-leading, standard Lifeline Service provides fast access to highly trained, caring Response Associates at the push of a button, 24 hours a day, 365 days a year. Easy to install, with necklace or wristband options.

Milne Medical

604-414-3332
milnemedical.ca
Convenient in-home healthcare. Providing at-home blood collection, injections, drug screening, medication assistance, blood pressure or glucose monitoring, and wound care. No more arranging for transportation, navigating curbs and steps, or waiting in long lines.

Nurse Next Door Home Care Services

604-747-2847
nursenextdoor.com
Nurse Next Door supports the independence of seniors by providing compassionate and flexible home care delivered by exceptional caregivers. When it comes to aging, we believe in choice, autonomy, and purpose. Call today for a free Care Consult.

PR Home Care Services

1-877-762-2311
Support to seniors wishing to remain at home. Provide personal care, meal prep, etc.

Assisted Living

Strive Living Society

604-485-2220 • 4746 Joyce
Assisted living for those with developmental or physical disabilities or brain injuries.

McIsaac Counselling



Men's Issues
Addictions
Communication

4536 Willingdon Avenue
paul@mcisaaccounselling.com
604.414.7965

(chee) = breath,
life force, energy

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email@QiSandra.ca
www.QiSandra.ca



Dale Manor

604-414-9460 • 5402 Dale

dalemanor.com

Privately-owned residence registered with the Assisted Living Registry. Accommodation for couples. Family style living – 3 home-cooked meals a day and unlimited snacks. Spacious room with own bathroom. Building is one storey, built in 2010. Wheelchair accessible. Home care available at residents' request. Staff on site 24 hours. Alarmed premises with sprinkler system and smoke alarms in all rooms.

Evergreen Extended Care

604-485-2208 • 4970 Joyce

75-bed facility equipped with services devoted to comfortable living.

Kiwanis Garden Manor

604-485-5210 • 4923 Kiwanis

Assisted Living offers tenants the support they need to continue a vibrant life.

Supported Housing

604-485-2004 • Joyce & Harvie

40-self-contained units and on-site supports for people at risk of homelessness.

Willingdon Creek Village

604-485-9868 • 7980 Kiwanis

Willingdon Creek Village is a 102-bed facility with 24 hour care including wheelchair accessible rooms with on-site nursing, health care aides, and recreational therapists.

Birth & Babies

Dr. Felix Nwaeze

604-485-7779 • 6935 Harvie

Obstetrics and gynecology.

Babies Open New Doors

604-485-2604 • 4727 Marine

A prenatal nutrition program for pregnant women who have lifestyle risk factors.

Dr. Catherine Cameron DrTCM

604-223-8877 • 4536 Willingdon

CranioSacral Therapy for infants and families, an approach between osteopathic and chiropractic hands-on healing.

Elements Movement

604-319-7013 • 5813 Ash

Prenatal yoga.

Family Place - Powell River

604-485-2706 • Town Centre Mall

Informal drop-in, low or no-cost programming for parents and tots.

Orca Bus Outreach Program

604-485-2132 • 205-4750 Joyce

Early learning, on the road, 0-5 years.

Ten Moons Midwifery

604-414-0085

Elisha Manon, RM, registered midwife.

Carolina Pena Navarro

604-485-7202

Birth doula - CD (Alt, Naissance), postpartum care.

Anamieke Tataryn

604-223-2314

Birth doula.

Little Bird Birth Services

604-414-7667 • 6272 Poplar

Julie Stride. Birth doula and birth photographer. Breastfeeding support.

Little River Doula Care

604-414-5233

Megan Greig. Birth and postpartum doula, pre-pregnancy care.

Melanie Lamden

604-483-1003

Birth doula. Support for you to know peace and strength throughout your birth journey.

Trista Tom Leblanc

604-414-7303

Postpartum doula.

Olive Branch Births

778-288-6090

Childbirth educator offering private and group prenatal classes.

Children & Youth

Child and Family Services

604-483-4042 • 6831 Artaban

Inclusion Powell River's programs to support children and families.

Child & Youth Mental Health

604-485-0603 • 6944 Alberni

Community-based, specialized mental health services to support children with mental health challenges and their families. Walk-in intake is every Tuesday 9am – 4pm.

Children & Youth With Special Needs

604-485-0600 • 6944 Alberni

Ministry of Children and Family Development provides intervention and support services.

Orca Bus Outreach Program

604-485-2132 • 205-4750 Joyce

Free early learning programs, on the road, for children 0 – 5 years.

Strong Start Preschool Programs

604-485-6271 ext 2244

Programs designed to work in partnership with parents, their children, and educators.

Healthy Families Program

604-485-2132 • 4750 Joyce

United Way providing opportunities for families to engage in healthy activities together. Also supports eight free community meal programs.

Success By 6

604-485-2132 • 205-4750 Joyce

Support and promotion of community early development programs for children 0–6.

Tla'amin Child Development Resource Centre

604-483-3449 • 4915 Salish Drive

Community-based program that assists families with children with special needs who require extra supports and services. Intended for children up to 12 years of age, with some services for youth ages 13–19.

Chiropractic

Dr. David Gabelhouse, Chiropractic Services

604-485-2841 • 4285 Fernwood

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

Marine Chiropractic & Wellness

604-485-9896 • 104-4675 Marine

Providing Chiropractic, Homeopathy and Massage Therapy. We use a biomedical, non-surgical approach to diagnose and treat injuries/conditions related to your spine, nerves, muscles and joints. Custom holistic treatment plans that incorporate our patient's goals, preferences and health care beliefs.

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.

Suncoast Integrated Health

604-414-7815 7061-D Duncan

suncoastintegratedhealth.com

Powell River's first one-stop shop for all your alternative and complementary healthcare services. Chiropractic, laser, Shockwave, kinesiology, personal training and more!

Counselling

Amy Vaughan

Child and Family Counselling

604-314-7576 • 4536 Willingdon

Amy offers family therapy, and expressive arts and movement therapy.

Assessment & Resource Service

604-485-2800 • 6817 Burton

Group of local community not-for-profit Employee Family Assistance Programs.

Berghauer and Associates Counselling Services

604-223-2717 • #200-7385 Duncan

A Certified Canadian Counsellor, covered by most employee benefit programs.

Carol Battaglio Counselling

604-578-1199

Psychotherapist, author of *School Bullying: The Inside Story*. Family therapy & depression.

Child and Youth Mental Health Clinical Counselling

604-485-0603 • 6944 Alberni

Clinical intervention and counselling; includes suicide intervention programs.

Chris Drummond Counselling Services

604-483-6337 • 4536 Willingdon

Registered clinical counsellor helps with addictions, phobias, trauma, and more.

Chris Walford Counselling

604-223-4415 • 4539 Marine

cwalford444@gmail.com

Psychotherapist with a Masters degree in counselling. Helping people of all ages with various issues including: trauma/PTSD, chronic pain, addictions, anxiety, families and relationships. Evidence-based, integrative therapy founded upon trust, respect and dignity.

Deanne 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.

Eva van Loon Learning Specialist

604-483-4940 • 6729 Cranberry

Eva Van Loon offers training in literacy, numeracy and logic training.

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.

Malaspina Mediation

604-414-5353 • 3-4471 Joyce

Confidential, private mediation and conflict resolution services.

Mettalaw Mediation

604-483-4940

Mediation, legal navigation. Cut the financial, emotional and social cost of a lawsuit.

Quyn Lê Empowered Living

604-223-7112

Registered clinical counsellor, EMDR Therapist and Clinic Hypnotherapist.

Rising Tide

Counselling & Wellness

604-414-4219 • 2221 Swede Bell

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

Rise Hypnotherapy

604-414-3835 • 4536 Willingdon

Achieve relief from anxiety, pain, fear, addiction, trauma & more. Free consultation.

Dr. Selena Bloom MD SEP

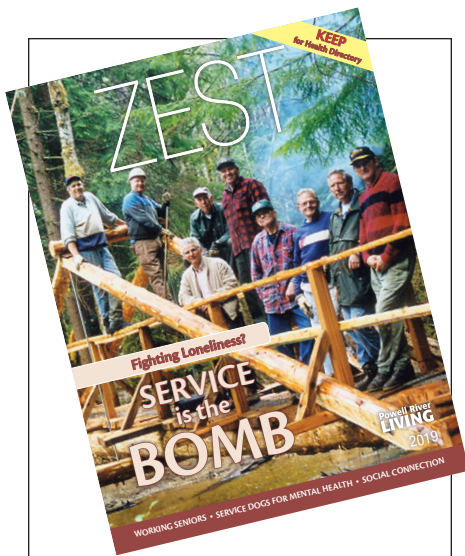
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Somatic Experiencing (SE™) Therapy and Touch Therapy for all ages. SE™ Therapy reduces overwhelm and increases the ability to bear discomfort and feel safe. It is a powerful method of overcoming trauma using the mind-body connection. Touch therapy addresses early developmental and non verbal trauma.

Specialized Victim Support Services

604-485-2620 • 4801 Joyce

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



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Publishing it was made possible by the advertisers in this issue, including those with the premium green highlighting.

Please support them.

Did we miss you?

While we endeavoured to include as many as possible, we may have missed a health provider or service.

If so, please let us know at 604-485-0003 or sean@prliving.ca so we can be sure to include it in next year's edition of ZEST.

Powell River
LIVING
Showcasing the best of Powell River

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 • 10129 Hwy 101
Volunteers share their special canines to improve mental and physical health.

Sunshine Mental Health

604-414-7654 • 4794 Joyce
Psychology. Therapy/counselling and assessments for children, teens, and adults.

Tatiana Tsarouk, 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.

Dr. Ryan Sinotte

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.

Marine Denture Clinic

604-485-2212 • 4670E Marine
info@marinedentureclinic.com
Complete and partial dentures, relines, implant-retained dentures. Same-day repairs. Free consultation. No referral necessary.

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 dentist 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 MacLeod

End of Life Doula

604-578-0303 spdheather@yahoo.com

facebook.com/cdiheather

Spiritual, emotional, compassionate care for the dying and their families. Giving life-affirming care before, near and after death. Heather will help organize your end-of-life wishes with a holistic approach, bridging the gap between the medical team, you and the family. Free one-hour consultation.

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.

Dr. Louis M Botha

604-485-8455 • 102-4675 Marine

MBCHB(PRET), FCS(OPHTH)SA

Eye Physician & Surgeon

IRIS

604-485-7115 • 106-4801 Joyce

iris.ca

Eye exams with the most advanced technology, eye emergency treatment, fittings for glasses and contacts and more with Dr. John Wyse, Dr. Jenifer Van, and Dr. Ekaterina Medina and their team. Get your eyes checked yearly.

Pat's Foot Care

604-483-2259

Reduce painful calluses, corns, cracked heels etc. Help with foot ailments.

Powell River Hearing

604-485-0036 • 4794B Joyce

Comprehensive hearing tests. Hearing aid dispensing. Aural rehabilitative counselling.

PR Foot Care

604-223-7635 • 7040 Quesnel Street

Mobile services include foot soak, nail cutting, corn and callus care and more.

Secure Vision Mobile Optician

250-792-5199 • Helen Whitaker

Professional and affordable prescription eyewear at home or in residential care.

Sunshine Coast Eyewear

604-489-1324 • 4573A Marine

Prescription lens partners with Essilor, Ray Ban, Oakley and Maui Jim. Your choice!

Food & Nutrition

Assumption Soup Kitchen

604-485-5300 • 7109 Glacier

A free soup kitchen providing a home-cooked warm meal, Fridays noon-1 pm.

Community Resource Centre

604-485-0992 • 4752 Joyce

prcrc.org

Mon: Free brunch beginning at 10am.

Tuesday - Thursday: 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

Upgrade your lifestyle habits so you can reach your healthy weight and feel vibrant.

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.

Good Food Box

604-223-3265 or 604-485-2706

Pre-pay \$12 for a box of fruits & veggies valued at \$20. Volunteers welcome!

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 RHN

604-414-8399 • emma@plantbasedrh.com

plantbasedrh.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!

Salvation Army Lunch

604-485-6067 • 4500 Joyce

Fresh produce, bread and dairy. Monday & Friday 12:45-1:45 pm. Bring your own bag. Hampers by appointment

Senior Citizens' Assoc Br #49

604-414-9456 • 7792 Cranberry

Soup & sandwich 11:30 am 2nd Tuesday. Dinner last Friday of each month.

United Church Pasta Dinner

6932 Crofton

Every Monday 4:30-6:30 pm. October through May.

Westview Baptist Church Dinner

3676 Joyce

3rd Friday of each month 5-7 pm.

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.

Take care of you

Rebalance

Your chronic pain specialist

Laser Therapy and Deep Therapeutic Functional Rebalancing

Powell River Massage

Your relax & rejuvenate specialist

Massage, Hot Stone, AromaEase



rebalancemassage.ca
604-223-7918



604-483-6759

Find Rebalance and PR Massage at:

Body & Sewl
4566A Marine Ave

Clarity Momentum Growth

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



Silvana Hernandez
Integral Professional Coach™

604-414-4587
silvanahcoach@gmail.com

Powerful transformational programs using the Integral Coaching® Method
Change the way you do life.



You deserve a happy, healthy smile

Come see me for a free consultation

No referral necessary

Complete and partial dentures
Relines

Implant-retained dentures
Same day repairs

Fiona Butula, RD

MARINE DENTURE CLINIC

604.485.2212

info@marinedentureclinic.com

4670E Marine Ave

Mon & Wed 8-6 • Tues & Thurs 8-4

After-hours appointments available on request

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, youth volunteers, medical 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?



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 - 4pm Monday-Friday (except stats)

Donations accepted 7 days a week

 prhealthcareaux.ca •  economystore2016@gmail.com



Thanks for your support.

Please keep your donations coming!

Why do hearing aids cost so much?

This is a question I get asked repeatedly. Hearing aids are essentially small computers in your ears that are constantly analyzing your listening environment fast and precise enough to support the brain in making sense of sound.

They are medical devices that are programmed and verified by a qualified hearing health care professional for optimal comfort and safety based on one's own unique hearing loss.

Hearing aid technology has realized significant gains since the early 1950's. In its infancy hearing aids consisted of a basic microphone, amplifier, and speaker. Hearing aids today are much more sophisticated.

Scientists are constantly researching and developing new hearing aid technology to help people hear better in the most difficult listening situations and this is what drives the price.

Hearing aids are smaller and more discreet than ever before and yet contain the circuitry to provide 2.4 GHz Bluetooth low energy technology for wireless streaming to hearing aids from smartphones, TVs,

tablets and more. The built-in signal processor has the capacity to handle more than 1,200 million operations per second.

Oticon OpnS technology implements a dual microphone system with sophisticated algorithms to separate background noise from speech cues. This feature alone can reduce listening effort in a noisy restaurant so you can hear more of the conversation.

Oticon OpnS technology is a leader in noise reduction capabilities and now offers this technology in a rechargeable option that's not only better for the environment but also provides ease of use and saves you money on batteries.

Not everyone needs the most sophisticated technology to simply hear better and there are hearing aids that fit into most budgets. Powell River Hearing is now offering price matching to stay competitive while encouraging consumers to support local business.

To learn more call Powell River Hearing at 604-485-0036 today for a free hearing test and hearing aid consultation.

POWELL RIVER



Hear to make a difference in your life.



Locally owned & operated by

Shannon Miller

Registered Hearing Instrument Practitioner with the College of Speech and Hearing Health Professionals of British Columbia.

4794 B Joyce Avenue
604-485-0036

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.

Powell River Handydart

604-483-2008 • 6105D Lund

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

Wheels for Wellness

1-250-338-0196

Will pick you up at the ferry and take you to non-emergency medical appointments on Lower Vancouver Island.

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

Community Resource Centre

604-485-0992 • 4752 Joyce

prcr.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.

Ministry of Social Development and Poverty Reduction

604-485-7962 • 6944 Alberni

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

See also Food & Nutrition

Marijuana Dispensaries

Grassroots Botanicals Co-op

604-485-6636 • 4730 Willingdon

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

Salish Sea Cannabis

604-489-3221 • 4493-E Marine

Recreational cannabis, 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 & Laser

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

604-414-5991 • 4680 Willingdon

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

Dale Roscovich, RMT

604-223-2950 • 4690 Marine, 2nd Floor

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

Charlese Nan, RMT

604-414-7923

Registered massage therapist. By appointment only.

Elemental Healing

604-414-9772 • 6804 Alexander

Massage and reiki. Shiatsu, Swedish, accupressure, deep tissue, relaxation.

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. 29 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.

Mayet Massage Therapy

604-414-3978 • 9651 Evergreen

RMT Claire MacPherson provides massage south of town.

New Beginnings Laser Centre

604-413-0551 • 13-4312 Franklin

Microderm abrasion, laser skin rejuvenation and hair removal. Rosacea, moles and more.

Powell River Massage

604-483-6759 • 4566A Marine Ave

Robin Morrison offers massage therapy and energy wellness services. Where professional, hands-on experience meets your needs: affordable, holistic and caring.

Rebalance Laser and Massage

604-223-7918 • 4566A Marine Ave

rebalancemassage.ca

Vanessa Bjerreskov uses cold laser technology to quickly heal new injuries, reduce chronic pain and inflammation, and speed up recovery time.

Timber Massage & Wellness

604-344-0605 • 6935 Harvie

Registered massage therapists, naturopathic doctor and health coach.

White Wave Holistic Healing

250-556-4297 • 3440 Joyce

Flower essence counselling, Raynor massage therapy and traditional massages.

Physiotherapy & Sports

Coast Community Physio

604-719-8315

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

On Track Physiotherapy & Rehabilitation

604-485-4660 • 104-7075 Alberni

Assessment and treatment. Ergonomic consultations.

Powell River Physiotherapy

604-485-4334 • Unit 12 - 4312 Franklin
Rehabilitation in a spacious setting. WSBC, ICBC, Private Clients and direct billing.

PR-MSK Sports Medicine

604-485-5601 • #11-4312 Franklin
Dr. David Mann.

Seaside Kinnnection Kinesiology

604-485-7815 • 7061D Duncan
Active rehabilitation and personal training services, out of Suncoast Integrated Health.

Medical Clinics

Dr. Louis M. Botha

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

Fusion Medicine Integrative Clinic

Dr. Catherine Cameron DrTCM
and Dr. Selena Bloom MD
604-223-8877 • 4536 Willingdon
fusionmedicine.ca

Integrating Eastern approach with Western Medicine: Acupuncture and Chinese herbs, Sports Medicine, CranioSacral Therapy, Clinical Homeopathy, Orthomolecular and Functional Medicine, SomatoEmotional Release, Nutritional and Functional testing.

Harvie Medical Clinic

604-485-0136 • 6985 Harvie
Dr. C. Van Zyl, Dr. D Marentette, Dr. K. Bahadori, Dr. M. Andreae

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.

Powell River Medical Clinic

604-485-5501 • 4280 Joyce
New medical clinic. Walk-ins welcome.
Dr. Diana Gil and Dr. Alexander Marchenko.
Monday to Friday, 9-4:30. In the same building as Powell River Pharmacy.

PR General Surgery Clinic

604-485-0152 • 6935 Harvie
The clinic for Powell River's surgeons, including Dr. Pavel Makarewicz, Dr. Piotr Pater, and Dr. J. Chevalier.

Tla'amin

Community Health Services

604-483-3009 • 4895 Salish Drive
Pregnancy and prenatal visits, childhood illnesses, checkups, vaccinations, sexual health screening, PAP smears, birth control, WCB and ICBC claims, adults 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.

Women's 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 online. Personal trainers. Smoothie Bar. Gym annex available for private lessons/events/training. 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 • 102-7385 Duncan
Fun and affordable group fitness and yoga classes. Your first week is free.

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.

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.

Powtown Crossfit

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

Qigong with Sandra

604-483-3509
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.

Shift Fitness

604-561-3374
Private personal training. Specializing in improving mobility for adults and seniors.

T-Fit Yoga & Fitness

604-483-6225 • t-fit.ca
With a passion for healthy-living, Terri Cramb draws on her experience as a fitness leader, yoga teacher and health coach to create classes that offer a balance of movement & mobility, strength & stretch, breath & awareness, effort & ease. Group fitness and yoga classes, as well as personal training and health coaching, both individual and small group.

Taoist Tai Chi

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

Therapeutic Riding Association

604-485-0177 • 4356 Myrtle

Therapeutic horseback riding for those with physical, mental and learning disabilities.

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, ND

604-344-0605 • Unit B - 6935 Harvie

drlani.ca

Naturopathic Medicine for the entire family. Concerned about hormones, mood, digestion, allergies? Offering clinical nutrition, botanical medicine, acupuncture, Bowen therapy and more. Book online or request a 15-minute free consult to meet Dr. Lani.

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 Barnett 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! Open during renovations.

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.

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 developmental 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 Hospital Foundation

604-485-3211 ext 4349

PRGH.Foundation@vch.ca

prhospitalfoundation.com

Mission is to inspire the community to invest in our hospital to advance patient care and improve the health and well-being of citizens. Donations enable the hospital to purchase equipment and training that might not otherwise be available.

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. Also runs the Better at Home program for Seniors.

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

braininjuriesociety.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.

Why should I plan my own funeral?

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

When you pre-plan your funeral, 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.



STUBBERFIELD FUNERAL HOME LTD

Providing dignified service to the region since 1969

7221 Duncan Street • 604 485-4112
stubberfieldfh.com



Nurse Next Door™
home care services

I'm a senior.

My kids are worried about my health declining. I'm anxious too, but I want to stay home. There's nowhere else I'd rather be.

What can I do?

Call today to book your **FREE** Caring Consult!™

604-747-2847

www.nursenextdoor.com



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).

Multiple Sclerosis

Support Group

604-485-4573 • 11-4020 Saturna

Support group and information source for those experiencing the challenges of MS.

Parkinson's Support Group

604-4857-4122 or 604-483-3087

Information and resources. 2nd Tuesday of the month, 1:30-2:30 at the United Church.

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+.

Source Club Society

604-485-0005 • 4476 Cumberland

Supporting people living with serious & persistent mental health conditions. Garage sale and organic gardens on site. Certified kitchen supplies baked goods for our Food for Thought Cafe at VIU.

Stroke Club

604-489-0024 • dolezsar@telus.net

604-483-6142 • the-holm@telus.net

Support and therapy for stroke survivors and their families. Home visits when requested. Stroke Club meets Tuesdays 9:30-12:45 at the Upper Legion, 6811 Alexander Street. No longer affiliated with March of Dimes or Stroke Recovery Association of BC. All monies donated to this group stay in Powell River to help stroke survivors.

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

Integral Professional Coach™

Enabling deep and lasting change. Enjoy clarity, momentum and growth as you are lovingly guided through life transitions using the Integral Coaching® Method. Supporting you in creating the life you long to live in a space of deep care and uncompromising standards.

Dragonfly Touch

604-483-6643 • 7061 Duncan

Neuro feedback, reiki, theta healing. Alene Norris, Robin Harris, Kalya Marin.

Inner Light

604-483-8927 • 5794 Marlatt

Healing, Counselling, Pure Meditation & Personal Healing Retreats

Live with Bliss

604-483-4380

Essential oil products and training. Discover how the right oils can help you.

Sage Wellness Practice

604-223-1957 • 7061 Duncan

Reiki, Thai Yoga Massage, Hakomi Counselling Practitioner

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

Increase your vitality and improve your quality of life, your mindset too. ☑

Not included?

We gave it our best shot, but, we may have missed a local health provider or service. If so, please let us know at 604-485-0003 or sean@prliving.ca

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, etc.

Adult Mental Health Program

Serves clients over age 19 who are diagnosed with a major mental illness and experiencing significant problems that interfere with 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

Home Support

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. ☑

Find Your Community Health Services on one Website



For Everything That's Community Health



Fetch is an on-line community directory.

It includes descriptions of services and how to access them.

powellriver.fetchbc.ca

Connect with the Powell River resources that support your health.



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A New

By Rev. Rhonda Alton

It's a drowsy summer day. I'm relaxing in my garden watching bumblebees nuzzle my comfrey. Suddenly, I feel a pressure start to fill my body. It blooms into a feeling of dread, a feeling that something terrible is about to happen, the way your body feels when you realize you're about to be hit by a bus.

My chest tightens. I'm short of breath. My muscles clench. My vision narrows. I'm sweating as panic takes hold. For a few minutes I'm locked in struggle with a familiar wordless terror.

And then, as mysteriously as it came, it fades. The bees bumble along. The garden around me comes back into focus. I've just had a panic attack. On a good day I'll have a handful of these episodes. On a bad day, I'll cope with dozens. They are just one symptom of the PTSD—Post Traumatic Stress

Leash on Life

How local service dogs are stepping up:
from autism to severe diabetes.

SUNNY THE DOG HELPS WITH PTSD

So what is PTSD? This cluster of symptoms was first known as “shell shock” when it affected soldiers returning from the horrors of WWI. Gradually it was recognized as not simply the domain of soldiers and first responders. It stems from witnessing or experiencing death or the threat of death, serious injury, or sexual violence. PTSD is the aftermath of human catastrophe. Anyone who has experienced catastrophic trauma is vulnerable to the kind of lasting difficulties presented by PTSD.

Although PTSD is diagnosed using the Diagnostic Statistical Manual of Mental Disorders, it's not a dis-order at all. It's a very orderly and organized attempt by the brain to try and make sure that the trauma, or anything like it, will never happen again. It has all the hallmarks of a trauma induced brain injury.

PTSD isn't rare. It will affect about one in 11 Canadians. PTSD affects twice as many women as men and it's thought that this is because sexual assault, the commonest form of severe trauma, happens more frequently to women. Sexual violence is the culprit in my PTSD too. PTSD is notoriously difficult to treat.

Disorder—I've been quietly coping with for over 50 years.

In my case, various medications and therapies haven't worked. But recently, I finally found something that does. Sunny, my medical assistance animal.

Assistance Service Dogs BC, a small, not-for-profit organization, has matched me with Sunny, a white Labrador Retriever who has been trained specifically to help me with my PTSD symptoms. When I'm with her, my body relaxes out of hypervigilance mode because I know that if there were any

threats in my environment, she would notice them well before I do and alert me.

She sleeps with me at night, allowing me to discontinue the sleeping pills that I've had to take in order to sleep for the last 30 years. She wakes me up from nightmares, soothes me back to sleep and uses deep pressure therapy to ease my panic. She helps me come back to myself when I lose focus. She soothes me when I feel terrified. She's specially trained to deal with all my PTSD symptoms, allowing me to be medication free for the first time in decades.

Canine assistance for medical conditions is a relatively new and expanding phenomenon. Most people are familiar with guide dogs for the blind. But service dogs and other medical assistance animals now provide help to people with a wide range of difficulties including hearing disabilities, mobility problems, autism, seizure disorders and severe diabetes. Despite the obvious medical benefits, service dogs are not covered by BC's Medical Services Plan (though they can be claimed at tax time as a medical expense).

Service dogs are expensive miracles. Costs include breeding, kennel costs, vet bills, food, daily obedience training, transportation, training classes for both dog and handler, specialized task training, public access training and fees for taking the provincial public access test, spaying/neutering and ongoing professional assistance for her working lifetime. Volunteer puppy raisers offer months of their time and loving expertise. At the end of all these inputs, a mature, specialized dog costs \$25,000 to raise to service readiness.

People are understandably fascinated with Sunny. She's a beautiful dog with a big job and a big heart and naturally attracts attention. But the task of my service dog is to confine her attention to me and to my immediate environment and not interact with strangers. Being out in public with her inevitably brings good-hearted bids for her attention. Because of this, Sunny and I are going to have an information table in the Town Centre Mall this fall to hold a meet-and-greet where you can meet us casually without diverting attention from her work. We will be offering gingerbread dogs for a donation to her fundraising campaign and talking with people about service dog etiquette, PTSD and other related matters.

In the meantime, it's another summer day. I'm working in my garden as hummingbirds zoom over my head. Suddenly, I feel that familiar pressure start to fill my body again. It blooms into a feeling of dread, a feeling that something terrible is about to happen, the way your body feels when you realize you're about to be hit by a bus. Sunny senses that something is up and sticks her wet nose in my hand. I sit on the grass and she lies heavily across my legs, gently licking my arm. The heaviness of her body eases the terror away.

I take a few moments to breathe and to feel her gentle care and the miracle of her canine medical attention. The world comes back into focus. And we go on with our day. ☐

Rev. Rhonda Alton is a minister and therapist who has lived in Powell River since 2006. You can reach her through her website at wellofgrace.net.

When Dennis Hatch retired he needed something to do.

He started walking every day with his wife Sherry but found walking the track too boring. While Sherry walked the track, he began picking up litter on the trail around the track. By the time Sherry had finished her walk, Dennis had a bag of garbage.

That was nine years ago.

“I like a clean community,” said the 74-year-old with a smile. “I want visitors to leave with the impression that we have a clean community.”

If you're out and about between 8:30 and 10:30 am, you may have noticed Dennis picking up trash with his long grabbers. He collects everything from cigarette butts, candy wrappers, dirty diapers and coffee cups in his reusable shopping bag. He leaves the pop bottles behind for others to collect. His routes – which he tries to do seven days a week – take him from Willingdon Avenue to the Airport and from Alberni to the old Westview Road.

His pet peeve? Dog owners who clean up after their dogs but leave the bags of doggie do hidden in bushes or behind rocks.

Although Dennis is cleaning up his part of the world he's also getting exercise at the same time. He talks to a lot of different people along the way – something research says is extremely important to people's well-being.

Social interaction supports overall physical, mental and emotional health. People with strong social networks say they feel happier and more supported, according to the BC Government's website. “Older adults find increased levels of satisfaction and overall improved quality of life when they have a sense of purpose and are contributing to society.”

When Dennis retired from Valley Building he missed the social connections he had at work. “I missed the people. I missed the connection I had with customers and staff.”

His daily litter collecting walks provide him with that social connection. He sees his regulars along his routes – the same people walking their dogs and others he's never met before. “I'm on a first name basis with most of them,” he says smiling.

A lot of people thank him for cleaning up garbage. “I've been given Tim's cards and I've had lunch bought for me several times. I'm not in it for the money,” he says noting that although he finds the occasional coin, the biggest payday he had was when he picked a \$20 bill out of the bushes!

His volunteer work has also taught him a few lessons.

For instance, he's learned not to judge people. “A few years ago, an old beater of a car pulled up at a stoplight. It had a noisy muffler and the music was blasting. The young kid threw something out of the window and said: ‘hey buddy, you forgot this.’” Dennis was ready to shake his fist at the kid but when he picked up what he'd thrown, he discovered it was a \$5 bill.

He's also learned that: “For every downhill there's an uphill and uphills are not as much fun as downhills.” When people ask him how's business, he usually says: “It's picking up!” **Z**



A bag a day keeps the doctor away



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7 NUMBERS

EVERY POWELL RIVER RESIDENT NEEDS

HEALTH CARE PROVIDER

1

Your doctor (GP) or nurse practitioner (NP)

Tel # _____

When: Office/clinic hours

Why: Your doctor is your health expert. Call if you have an urgent concern you think needs to be seen. Also, be sure to book an appointment before your prescriptions run out.

PERSONAL HEALTH NUMBER

2

Why: BC residents enrolled with the Medical Services Plan (MSP) have a unique lifetime identifier called a Personal Health Number (PHN). Carry your BC Services Card at all times to have your PHN available when you need health care services.

HOME HEALTH

3

604-485-3310

VCH Powell River Home Health

When: Monday to Friday 8 a.m. - 4:30 p.m.

Why: To find out if you qualify for home support for personal care, home care nursing or rehab, palliative care, day programs for adults or respite services for caregivers.

What: Trained phone staff will identify your needs and refer you to appropriate services. Some services may be free based on income.

MENTAL HEALTH

4

604-485-3300

VCH Powell River Mental Health

When: Monday to Friday 8:30 a.m. - 4:30 p.m.

Why: If you have concerns for yourself or others about mental illness and dementia, behaviour issues, physical or functional decline, or substance use and are unsure about what to do.

What: Mental Health clinicians will identify your needs, address your concerns and refer you to the appropriate service. A GP or NP referral is required.

PHARMACY

5

Your local pharmacy

Tel # _____

Why: For information and advice about medications and their proper use, monitor adverse effects and drug interactions, assist with refills and help you get the most benefit from your prescribed medications.

HEALTH INFORMATION

6

8-1-1 (HealthLinkBC.ca)

When: 7 days/week, 24 hours/day

Why: If you're feeling unwell or have a minor injury and are unsure about what to do. Or if you just have a health question or need advice about a health issue.

What: Health advice from a nurse; nutrition information from a dietitian; advice about medication from a pharmacist; advice about physical activity from an exercise professional; where to find health services in your community.

EMERGENCY SERVICES

7

9-1-1

When: 7 days/week, 24 hours/day

Why: Any serious emergency. Ambulance attendants will arrive to assess if you need to be transported to the local emergency department.