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Weeks after a pioneering spinal surgery this Spring, Panagiota Rounis was back to dancing. At home, of course; she lost her in-studio lessons, but kept her joy.

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Coronavirus brings us back to basics

By Pieta Woolley, Editor

Wash your hands. It's something I've tried to instill in my kids over a decade, since they were barely toddlers. But I know that when they're not being watched, grime accumulates. Layers of sticky, sweaty, virus-collecting grime. Usually, it's not a big deal, and I put their small rebellion in the category of "immunity-builder." Not this year.

Like everything else, the reason is COVID-19. Wash your hands so you don't get it, I say. So you don't spread it. Wash your hands again.

For more than 150 years, medicine has known that washing your hands is the very foundation of public health. But it's taken this less-than-a-year-in-circulation virus to make it a vital part of public life, with sanitizing and wash stations at the entry to every store (and customers watching each others' habits), and strict protocols in the schools.

In this issue of *ZEST*, we've brought in the local experts to help us re-imagine other basics during this strange year.

With compassion and grace, My Element Health And Fitness owner Gerrimae Sepkowski encourages us to keep moving during difficult times – but only in ways that give



us joy (Page 8). RHN Lisa Marie Battacharya offers a vision of sinking into our local environment to combat COVID-related stress and nutritional depletion. Adult sleep coach Mara Jones is right there with us with tools to help fight 2020's unique fatigue; sleep, like hand-washing, food and movement, is the foundation for health (both Page 9).

Irritability, nightmares, and fear: psychotherapist Paul McIsaac notes that anxiety isn't new to 2020, but it's far more widespread than ever before, and it's making other, more-usual challenges in our lives, such as relationships, worse. On Page 22, he suggests four ways to pay attention to your mental health. Again, a basic.

At the other end of the health spectrum, there is absolutely nothing new about spinal scoliosis, one of humanity's oldest debilitating horrors. Local teen Panagiota Rounis is a recipient of a very new surgery – a promising high-tech solution to an ancient problem (Page 4). She has been an absolute champ in demonstrating what's possible even under COVID restrictions, maintaining her dance practice at home, in part to heal, but mostly for joy.

The up-side of COVID is that we all must pay greater attention to our own health, and the health of those we love. Getting back to basics is a gift. **Z**

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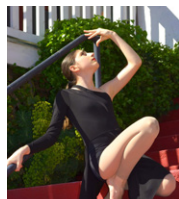
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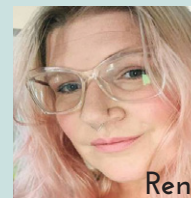
On the Cover:

Panagiota Rounis, 14, has kept moving through COVID-19, thanks to a remarkable new surgery to repair her spinal scoliosis.

Photo by Siona Rounis



Heart of the Moon full spectrum doula service offers supportive, evidence based, non-medical care through pregnancy, birth and postpartum and more. Childbirth education classes (Spring 2021).



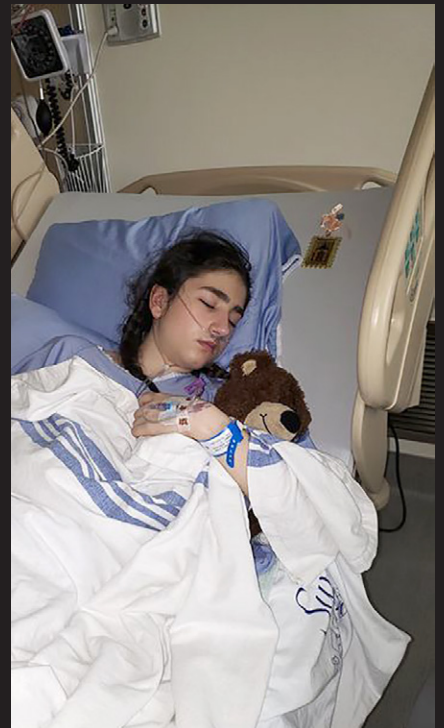
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Set straight



A new surgery helps a local teen dancer with an ancient problem: spinal scoliosis

By Panagiota Rounis

I used to think that I was just a normal kid and never thought about why some activities were harder for me. I really like dance and I found some of the movements hard. My teacher would always make sure we had perfect posture. That was certainly hard for me although I didn't really know why, until one day my ballet teacher tried to correct my stance.

This was the first sign of scoliosis. My ballet teacher, Miss Chantelle, noticed my back and shoulders were off as I seemed to lean to one side. She reached out to my parents and suggested that I go see my doctor to make sure it wasn't anything serious. That was in September

of 2019.

By October, I had an appointment with a specialist in Victoria and had x-rays on my spine. The doctor then told us that I had scoliosis.

It was something I'd never heard of before. He explained it was when a curve is formed in your spine. So instead of being straight, I had a spine that looked like a backwards S. The degrees were 47° on the top curve and 45° on the bottom curve.

I had many questions such as why was my spine curved? Would I have to undergo surgery? Is there a brace or can I do some exercises to straighten my spine? Will I grow out of it?

I didn't get all the answers I was looking for but I was told that I would be seeing someone at BC Children's Hospital

and talk with the scoliosis specialist doctor there and he would explain what the treatment would be although he did say that there was a 90 percent chance I'd need surgery.

Around the middle of February, I had my first appointment. We did more X-rays and some other tests like an X-ray of my hand to determine if my growth plates had closed. Since my original X-rays in October my curvatures had increased to 51° each with a rotation.

Dr. Firoz MiyANJI informed me that I would definitely need surgery. I learned that there was an option to have my spine fused, which didn't sound like a great option to me based on what I knew, but I was a really good candidate for a new type of surgery. It's called a VBT



Could humanity's scoliosis nightmare finally end?

For thousands of years, scoliosis has hobbled people; about one in 50 women and one in 200 men. Famous historical sufferers included the Egyptian Pharaoh Tutankhamun (above right), the Greek philosopher Hippocrates, potentially the woman Jesus met at the well, and the "hunchback" King Richard III (above right, bottom). The 2012 discovery of his grave under a Leicester parking lot allowed archaeologists to measure the severity of this royal spine's curvature: a whopping 85 degrees (the X-ray at left shows a 51 degree curve).

500 years ago, doctors made the first scoliosis braces for children - from iron. The tortuous treatments continued into the 1800s, when a plaster of Paris brace came with a contraption that suspended a patients' arms over their head. By the 1920s, exercises were pioneered to minimize discomfort and correct posture. In the 1960s, fusing surgeries began - but they immobilized the spine.

You probably remember scoliosis sufferers from your own younger years who were given pioneering surgeries and treatments. Treatment has come a long way.

In our own times, you'd likely never guess that cellist Yoyo Ma (left, bottom), actress and former Miss America Vanessa Williams (top left) and even Olympic runner Usain Bolt all have scoliosis. What Panagiota Rounis underwent - Vertebral Body Tethering - is the first scoliosis spine surgery that allows for the full range of movement of a dancer. It was first tried in humans just 10 years ago, and is still not widely performed.

Scoliosis patients from throughout history - especially those who endured painful, invasive, and less-than-effective treatments - would be envious of Panagiota's recovery.

- Pieta Woolley

Resilient: Panagiota Rounis, 14, discovered she has scoliosis a year ago. From left, her X-ray, showing a curve of 51 degrees. Recovering at BC Children's Hospital after two 8-hour days of surgery. Conquering a flight of stairs 72-hours post-op. Dancing three weeks later.

(Vertebral Body Tethering).

We were a little unsure considering that the VBT had only been established in 2012 but Dr. Miyanji informed us that the VBT surgery was less invasive and only took three-month recovery before I could start dancing or showing dogs again. Fusion surgery is more invasive and has a nine-month recovery. We decided on the VBT.

March 3 we were back Vancouver for surgery. I'd never had surgery so it was all a bit overwhelming. The day before I had tons of pre-op tests and the next morning we were getting ready to go for surgery. I remember waking up very early and then waiting in a room with my dad I definitely wasn't as confident as I should have been but I knew it would help me.

The first surgery was on my lower back coming from the left side and attaching tethers to pull my spine straight. The next day was the same thing but on my right upper back with the addition of deflating my lung.

Each surgery was eight hours long.

The first few days after surgery are a little blurry and I was in a lot of pain and couldn't move. But by day three we started working on my mobility. By the end of that day I was able to sit up and walk to the bathroom with help. The next day I stood up on my own and walked down the hallway.

We worked on walking for a little bit, and then the last test came it was to walk up and down a flight of stairs, if I could do that I could go home.

Recovery after that has been going well. It's been around six months since my surgery and I'm able to do everything except use a trampoline.

I am part of a long term study on the recovery of patients that have had this surgery and I am happy my experience will help someone else. I will continue to have check ups with Dr. Miyanji and his team until I am 18.

I'm really grateful to my amazing team of Doctors at Children's who found out why things were harder for me and have come up with a solution that has helped so many kids like me. 🙏



By Gerrimae Sepkowski

The last six months has been an emotionally exhausting and physically challenging time for so many of us. We have had to dig deep to find ways to survive these strange times of aloneness, feeling stuck and a loss of control.

The sense of community that comes with physical activities such as sports teams, workout classes, gyms, hiking and running groups has been put on hold. Many of us have a hard time getting motivated to keep moving without the cheering on of friends and peers, that little competitive push or big goals to achieve. Some of us have sunk into depression, with a lack of inspiration to keep moving.

I wish I had some magic formula to inspire you. But over the years I have learned that it's never an outside source that pushes us to find the strength to push through a low spot, but instead it's an inside job: the purpose to take care of yourself, out of respect for your body and your health. You need to do it because you love yourself. Not to punish yourself.

I feel the key to staying active and healthy during this pandemic is not so much physical now as it is mental and emotional. As I witness people's struggles, it seems to me it's the "why" stay active and healthy we need to explore... more than the "how."

During these challenging times, we've been given a rare opportunity to listen to our bodies. Listen to our hearts. Shut out the "I should be doing..." or "I should've been doing..." or "I used to do..." and instead... just be.

I don't believe this is the time to have huge expectations of ourselves but rather maybe we need to tread a little softly with ourselves. Treat our minds and bodies as if they're our best friends. Because, ultimately they are, aren't they? Look at all they have got us through. Look how strong they've been for us.

Instead of seeing exercise and movement as a punishment, think of it as a gift. We don't *have* to exercise...we *get* to exercise. We don't *have* to eat fruit and vegetables, we *get* to eat them. It's a way of looking at your life, especially in these days, as having abundance and choices, every day.

You get to walk through our amazing trails. You get to pick and eat the fruit off your neighbour's tree! You get to do online classes, dancing lessons, strength classes, yoga. You get to take your dog for another walk on the beach, go bike riding, hiking, dancing, running, play frisbee. Most of you know what to do to keep moving. But whatever you decide to do, do it because you get to, not because you have to.

And, friends, remember, this too shall pass. Learn from this time. Dig deep and figure out what makes you tick. Don't waste time doing what you don't love, life is too short for that.

If you don't love burpees, don't do them! Hold a nice strong plank instead and feel the power of your core. If you don't love running, don't do it! Instead walk strong and with purpose enjoying the feeling of the fresh air on your cheeks.

And just keep moving. Love each other and please, love yourselves. 📌

Gerrimae Sepkowski owns My Element Health and Fitness.

Nature wants you to thrive; devour it

By Lisa Marie Battacharya, RHN
(Registered holistic nutritionist)

These small, but significant, nutrition principles for healthy immunity really add up and your body will thank you for it.

GET OUTSIDE!

Take ample opportunity to take in nature – especially near our forests, lakes and ocean. These provide us with unique benefits such as negative ions (these are very positive for our health!), vitamin D (April-October), soil-based organisms (get your hands dirty), and even wild edibles – some of the many unique benefits we may overlook.

BREATHE.

The key to getting the most out of your time with nature: slow down for at least a moment, and really take it in. Take a biiiiig deep breath, fill your senses with the beauty, the fresh air, the wonder of it all.

This helps shift us into our parasympathetic nervous system and out of our stress-based sympathetic nervous system (where we spend most of our time). It gives our bodies a break and allows everything to recalibrate and provides an opportunity for us to switch into (radical) healing mode.

This is similar to the benefits of meditation,

which are well proven to improve our stress levels and therefore our overall health.

EAT LOCAL!

I cannot emphasize the importance of this one enough. There are specialized nutrients in local food that do not exist in imported food. We need these nutrients to thrive and to have optimal immune strength and vitality. Over time, we get depleted in these nutrients and wonder why we aren't as strong as we once were, or why we don't seem to bounce back or heal as fast.

It may well be that these nutrients are key to staving off oxidative stress, and that they interact with our immune systems in a way nothing else does. These specialized nutrients, such as polyphenols, microorganisms, and certain potent antioxidants, have the ability to support our immunity in a very intricate way.

Since these foods grow in the same environment as we do, they have adapted to our surroundings. This shows up in their nutrient profile. When we ingest them, we take on their very unique and specialized immunity. It benefits us like nothing else could. ☑

Lisa Marie Battacharya is a dedicated foodie, gardener and free-roaming forager. You'll find her at Kelly's Health Shop or out on the trails on bike or foot.

2020 has been tough on sleep. Fight back.

By Mara Jones

This year has brought a challenging combination of stress, uncertainty, and change in routine that has left many struggling with sleep and fatigue. Although many things are out of our control right now, there are a few things we can do to improve our sleep and daytime energy level.

Maintain a Routine

Try to keep your sleep and wake times consistent throughout the week. Bonus points for creating a consistent bedtime routine!

Take a Walk Outside!

About 10-15 minutes of exercise in the natural light outside can help reset your circadian clock. You'll feel more awake during the day and sleep better at night.

Set a Caffeine Curfew

Avoid caffeine after 2 pm. Even if you can fall asleep after drinking caffeine at night, it interferes with the quality of your sleep.

Skip the Nightcap

Avoid alcohol at least three hours before bedtime. While alcohol does help you fall asleep faster, it can prevent you from falling into a deeper sleep (plus it increases the need for nighttime bathroom visits!)

Ban Blue Screens

The artificial light from screens interfere with the cues your body needs to fall asleep. Turn off all screens at least 90 minutes before bedtime. ☑

Mara Jones is a Clinical Herbal Therapist and Integrative Adult Sleep Coach.



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Some people have no symptoms from COVID-19, but most do. 90% of people have more than one symptom.



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COUGH



FATIGUE



SHORTNESS OF BREATH



MUSCLE PAIN



LACK OF APPETITE

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604-483-6462 powellrivermiklat.com
Miklat Recovery Society is a non-profit registered charity offering men's residential drug and alcohol treatment. Miklat means "refuge", and our program is designed to offer a place of refuge from the storms of addiction; a place where hope, inspiration, and practical tools can be given to men healing from the effects of substance use disorder.

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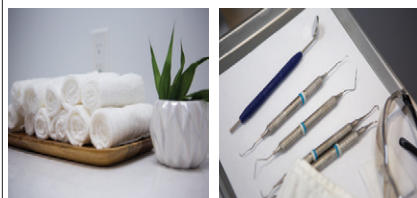
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604-485-9896 • 104-4675 Marine
Chiropractic, Homeopathy and Massage
Therapy. Custom holistic treatment.

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.

COVID Adjustments

Some of the services listed here are
not available due to COVID-19, or are
available on a different schedule. We
recommend calling ahead.

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, massage
therapy, concussion management,
acupuncture, counselling, dental hygiene
practitioner, laser, Shockwave, athletic
therapy, personal training and more!

Clean/Disinfect

Aaron Services

604 485-5611 • 4703 Marine
Rotobrush duct cleaning. Disinfectant
supplies/dispensers. Clean water solutions.

All Clear

Mold & Pathogen Solutions

604-966-8625 • allclearsolutions.ca
info@allclearsolutions.ca
Mold can cause a host of health problems,
particularly for people with respiratory
problems, allergies or a compromised
immune system. Our non-demolition dry fog
technology deploys a two-step system that
eliminates mold, virus and bacteria, even
behind walls. All products used are non-toxic
and Health Canada approved.

New Image Auto Detail

604-485-0092 • 6984 Alberni
Dry-vapour extractor heats water to 338°F, to
clean, deodorize, disinfect and kill bacteria.

WinMar

604-485-7335 • #101-7105 Duncan
Virus disinfection. Water damage. Fire and
smoke. Mould inspection and removal.

Counselling

Amy Vaughan Counselling

604-314-7576 • 4536 Willingdon
Amy offers child and 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.

Berghauser and Associates Counselling Services

604-223-2717 • #200-7385 Duncan
berghauser.ca • rick@berghauser.ca
Rick is a Certified Canadian Counsellor,
covered by most employee benefit
programs. Rick offers EMDR for helping
clients work through traumatic events.
Kara Fogwell, RCC and Registered Social
Worker, also offers counselling for adults,
children and youth.

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
Registered Clinical Counsellor working with
people ages 8 and up via telephonic, video
or face-to-face when safe to do so. Working
in the areas of PTSD & other co-occurring
disorders, anxiety, families, marital stress,
men's issues, addictions, autism, aging
issues, spirituality and more. I help people
navigate, ICBC, Worksafe, Veterans Affairs,
First Nations and other agencies.

Deanne Bourguignon Counselling Services

604-414-9956
Registered Clinical Counsellor (BCACC) and
certified Hakomi Therapist.

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.

John-Michael Parra, M.A., RCC

604 315-8930
Online body-based counselling and
coaching. Teens and adults. Trauma,
addiction, ADHD, autism.

Mclsaac Counselling

604-414-7965 • 4536 Willingdon
Professional, caring psychotherapy services
to adults and adolescents.

Maureen Edwards Wood Dragon Counselling

604-344-0077 • 4536 Willingdon
Registered Psychotherapist specializing in all
areas of mental health and trauma.

Mettalaw Mediation

604-483-4940
Mediation, legal navigation. Cut the financial,
emotional and social cost of a lawsuit.



Supported by ads

This publication, and the directory of services, was researched and created by the staff at *Powell River Living*. It is made available to residents free of charge and without the use of public funds.

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

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.

Selena Bloom MD SEP

604-223-8878 4536 Willingdon

Somatic Experiencing (SETM) Therapy and Touch Regulation Therapy for all ages.

Specialized Victim Support Services

604-485-2620 • 4801 Joyce

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 • 10929 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.

Polished Dental Hygiene

604-780-6285 • 7061-D Duncan

polisheddentalhygiene.ca

First independent dental hygiene practice to open in Powell River! The owner, Bobbie, has a special license that allows her to practice independently. Bobbie believes that seeing the same dental hygiene practitioner at each appointment provides a more relaxed and routine visit!

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/peacefulpassage

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.

Hidden Tree Palliative Care Services

604-578-8125

Mark Johnston offers short-term live-in, respite, estate management.

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 Foot Care

604-223-7632 • Susan Lemna

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

Powell River Hearing

604-485-0036 • 4794B Joyce

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

Secure Vision Mobile Optician

250-792-5199 • Helen Whitaker

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

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.

Convenient Chef

604-483-9944 • 5830 Ash in Townsite

convenientchef.ca

convenientchefpr@gmail.com

Nutritious, delicious, homestyle prepared meals for reheating in the home or workplace. Convenient Chef sources many ingredients locally. Meals include balanced entrees and larger meals for sharing (\$14-\$20 each) or individual meals @ \$12 each or 5 for \$55. Gluten-free, vegetarian and vegan meals also available.

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 (10 am to 2 pm)

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!

Holzono Nutrition Consulting

604-616-8342

Individual nutritional sessions, wellness packages.

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 • plantbasedrhn.com

Plant-based nutrition/cooking support and consulting with Registered Holistic Nutritionist and Certified Plant-Based Chef Emma Levez Larocque. Join the Plant-Based Eating Support Network Group at the beginning of any month for online cookalongs, weekly recipes, nutrition talks and more!

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

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.

Powell River Handydart

604-483-2008 • 6105D Lund

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

SAY HELLO TO YOUR PHARMACY TEAM

Ask a member of our dedicated staff at **FRESHCO Pharmacy** about one or more of these services:

- Routine immunizations
- Medication reviews
- Travel vaccines
- Compliance (bubble) packaging
- Annual flu clinics
- Complimentary delivery



"Forming a relationship with a pharmacy team you trust is an important step in caring for your health. At FreshCo Pharmacy in Powell River, our professional and dedicated staff will work with you to ensure your medications are safe and effective. Call us or drop in to speak with a pharmacy member. We look forward to seeing you!"

– Joseph Geneau, Pharmacy Manager

Proud partner with the BCPRA in caring for patients with **chronic kidney disease**.

 **FRESH CO**
Pharmacy

604-485-4244 • 7040 Barnet Street
8-7 Mon-Fri, 10-6 Weekends & Holidays

When was the last time you saw your dentist?

You should see your dentist every 1 to 2 years. Call us to book your annual exam today!

Enjoy the food you love and a healthy smile!

- Complete and partial denture services
- Relines, repairs and new dentures
- Implant retained dentures
- Ask us about BPS dentures
- All dental plans accepted

We are following the required COVID-19 protocols to ensure safety of our clients and staff.



POWELL RIVER DENTURE CLINIC LTD.

Brian Mansell R.D.

102-7075 Alberni Street • 604.485.7654

in·clu·sive

/in'klōōsiv/

Our vision is a welcoming, **inclusive**, and diversity-affirming community that is free of poverty and full of heart.



Inclusive Services Connecting a Thriving Coastal Community

604-485-2004

info@liftcommunityservices.org

www.liftcommunityservices.org

Located on the Traditional Territories of the Tla'amin People



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

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

Salish Sea Cannabis

604-489-3221 • 4493-E Marine

Recreational cannabis, pipes and vaporizers.

SOHO

(236) 328-0088 • 4670 Marine Ave Unit B

Recreational marijuana. Edibles, accessories and more.

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

fb.com/BlueLotusWholisticHealing

evestegenga@riseup.net

From a trauma-informed background, Eve Stegenga offers massage and Reiki with an intention of creating space, releasing stress and bringing balance. Using modalities such as Swedish and deep tissue, as well as reflexology, joint release and shiatsu her aim is to realign the physical, mental and emotional bodies.

Bodies in Balance

604-223-7918 • 4566A Marine Ave

rebalancemassage.ca

Therapeutic cool laser therapy uses technology and light energy to help you recover more quickly from acute injuries and surgeries, as well as reduce chronic pain and inflammation. Deep tissue rebalancing massage is also available, and can be combined with laser therapy to great effect – get your life back!

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, cranio-sacral, deep tissue, visceral manipulation.

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.

Knott's Therapeutic Massage

604-414-8041 • 5804 Maple

Erin Perrault, RMT, offers myofascial, cranio-sacral, visceral and traditional Swedish.

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 • 7-4313 Alberta

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 cold laser therapy to alleviate pain, accelerate healing and break down scar tissue. Where professional, hands-on experience meets your needs: affordable, holistic and caring.

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.

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 • 4585 Marine
Chinese Medicine including acupuncture, herbs, cupping and Yang Shengfa

Catherine Cameron Acupuncture and Herbs

Dr. Catherine Cameron Dr. TCM
604-223-8877 • 4536 Willingdon
drcatherinecameron.com

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.

Generations Midwifery

604-208-5545
Andrea Matterny. Midwife. Pregnancy, birth, post-partum. Covered by MSP. Hospital or home births.

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
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
Large gym with strength and cardio equipment. Personal trainers. Smoothie bar.

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.

Five Elements Acupressure Qigong, and Qi Yoga

604-483-3509 • Sandra Tonn • qisandra.ca
Qi = life force energy. Discover the mind-body-spirit connection.

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
Terri Cramb is a fitness, yoga and health coach.

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.

COVID Adjustments

Some of the services listed here are not available due to COVID-19, or are available on a different schedule. We recommend calling ahead.

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](https://www.facebook.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.

Freshco Pharmacy

604-485-4244 • 7040 Barnet at Joyce

[freshco.com/pharmacy](https://www.freshco.com/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

www.saveonfoods.com/wellness-team

Medication checks, vaccines, diabetes management, reminder packs, compounds. Get your flu shot by booking online at [saveonfoods.com/flu](https://www.saveonfoods.com/flu)

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.

Reproductive Health

Lana Joy Parra

778-251-8364 • lanajoyparra@gmail.com

[lanajoyparra.ca](https://www.lanajoyparra.ca)

Painful periods? Fertility challenges? Together we can address root causes, heal hormones naturally and achieve your well-being goals. Trained in Holistic Reproductive Health, I am passionate about helping people feel better about their cycles; from recognizing ovulation to honouring menstruation. For a free 30-minute consultation, email Lana.

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

divisionsbc.ca/powell-river

Facebook & Instagram:

@prdivisionoffamilypractice

Supporting the work of local general practitioners, specialists, and nurse practitioners and promoting a healthy community. Subscribe to Doctor's Notes, our email newsletter, on our website.

PR Hospital Foundation

604-485-3211 ext 4349

PRGH.Foundation@vch.ca

[prhospitalfoundation.com](https://www.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

Volunteer association runs the Economy Shop and Hospital Gift Shop, Red Cross Health Equipment Loan Program (HELP) and 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.

LIFT Community Services

604-485-2004 • 4727 Marine

[liftcommunityservices.org](https://www.liftcommunityservices.org)

info@liftcommunityservices.org

Lift Community Services focuses on helping all people thrive in the qathet region by reducing social inequities and by providing support and advocacy for anyone who needs it.

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.



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We're all touched by health care.
Donate to the Powell River Hospital Foundation.

604 485-3211 ext 4349
5000 Joyce Avenue, V8A 5R3
prhospitalfoundation.com

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).

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

604-487-4122 or 604-483-3087

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

Schizophrenia Society

604-414-7146 • powellriver@bccss.org

Offering information, education and support to individuals that have a severe mental illness, and their families.

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 usually meets Tuesdays 9:30-12:45 at the Upper Legion, 6811 Alexander Street. (Not meeting at this time due to COVID - will reassess in January.) 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 • silvanahernandez.com

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Dragonfly Touch

604-483-6643 • 7061 Duncan

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Inner Light

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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

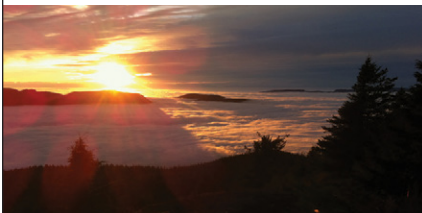
Youth Clinic

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. ☑

Why should I plan my own funeral?

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Who are we?

The **Powell River Regional Seniors Community Council** is a passionate volunteer community group comprised of seniors from across the region whose aim is to empower and advocate for seniors throughout the Powell River region. The PRSCC is focused on advocating for systemic change that will enhance the age-friendliness of our community.

The Council members are: Trisha Andrews, Sara Blum, Lorraine Hansen, Tracy Lynch, Pam Kenny, Ron Koros, Carmen Kuczma, Margaret Leitner, and Christine Parsons, Staff Advisor.



"A Community Where Seniors Flourish"

POWELL RIVER REGIONAL
SENIORS COMMUNITY COUNCIL



Regional Seniors Community Council keeps flourishing

Despite COVID 19, the Powell River Regional Seniors Community Council is still here and working to inform and empower seniors. In August 2020 the Council celebrated its second anniversary.

On these pages, you can see some of what we have accomplished so far.

The Council also hosted a fall senior's engagement at Seniors Together on October 17, 2019. It was entitled **Planning for a Community where Seniors Flourish**. The session was facilitated by Christine Kaaij and Nola Poirier from Alof!i Consultancy with help of members of the council and volunteers from other agencies and the

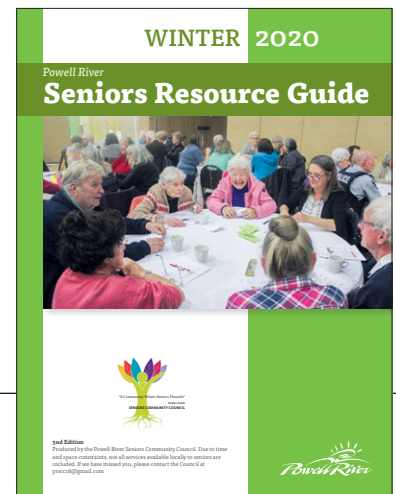
community. A total of 127 seniors participated in the event.

Three questions put to seniors during the facilitated session. The three questions were:

- What is working for seniors?
- What are seniors concerns and needs?
- What can we do about it?

The information gathered from the session was very helpful to PRSCC in planning its' priorities for 2020. The Council operates under an Age-Friendly grant from UBCM. This year, PRSCC is working a "Health Connector" program.

We continue to work towards our vision of a Community Where Seniors Flourish.



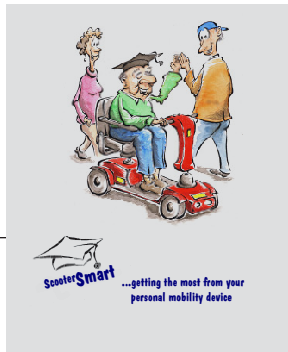
Did you get your Seniors Resource Guide?

The 3rd edition of the *Seniors Resource Guide* was published in the Winter 2020 *Active Living Guide* as an insert. The *Seniors Resource Guide* is available online on the PR Recreation Complex website under Arts, Culture and Community. Go to www.powellriverprc.ca



Better Bus Stops

The Council conducted a BC Transit Ridership Survey to determine ways to improve service for seniors and increase the use of public transit. PRSCC partnered with the City of Powell River Transit staff to identify and prioritize locations for a new bus shelter with a bench and contributed partial funding towards the installation of a bus shelter.



Scooter safety

We are researching ways to improve the safety of seniors who use scooters and powered wheelchairs and hope to one day have a Scooter Rodeo! Here is an excellent publication *ScooterSmart: Getting the most from your personal mobility device*. Go to bit.ly/3ftpu3D to download a copy.

Thanks to the members of the Fair Sub-Committee: Pam Brown, Anna-Maria Coletto, Melissa Furlotte, Xochitl Hernandez, Pam Kenny, Ron Koros, Stacy Mogan, Christine Parsons, Vivian Thickett and Ron Woznow.



Back to Fair One

On May 2, 2019, the Powell River Seniors Community Council hosted the Seniors Community Resource Fair in partnership with the Seniors Citizens' Association of BC #49, Better at Home and the City of Powell River and a sponsor, Berwick Retirement Communities. The purpose of the Fair was to connect seniors with local resources and services to meet their needs and lead healthy, active lifestyles. The Fair attracted an estimated 200 people. Although COVID-19 caused the cancellation of this year's Fair, we look forward to seeing you at our "live" 2021 Fair.



The Age of Anxiety

COVID

By Paul McIsaac

In my 12 years as a counsellor, this year is the first time I have heard so much and so often about anxiety. COVID-19 is usually the cause of this increase, but other factors, such as relationships, communication, loneliness, and lack of purpose are just as present as they ever were.

COVID has increased the intensity of their effects by a factor of 20 to 30 percent. In my work, I consider anxiety in two different ways.

First is Situational Anxiety. If your relative gets sick, you lose your job, or your personal life becomes chaotic, you will probably experience an increase in anxiety.

A little anxiety can be a good thing. It can enhance your mental and physical performance in dealing with challenges. But once anxiety grows beyond a certain point, it becomes destructive, leading you to unreasonable reactions and even threatening your mental and physical health. For my clients, their greatest concern is getting COVID and spreading it to their families. Others may be more stressed because a reduction in the number of coworkers leads to increased workloads and more mistakes. Some people may be more anxious because they cannot visit sick or elderly family members.

A second type is Generalized Anxiety Disorder or GAD. With GAD, the

person feels surrounded by something big and negative but cannot understand what it is or why it is happening. For some, it is like a pervasive fog that preoccupies them most, if not all, of the time. GAD can distract its victims from daytime activities or disturb their sleep by filling their nights with racing thoughts and unsettling nightmares. Because this type of anxiety cannot be blamed on any specific situation, it preys on the mind with seemingly no relief or escape.

GET HELP FOR YOUR NIGHTMARES, IRRITABILITY & FEAR

If you or someone you love is experiencing anxiety, Paul McIsaac recommends the following websites:

Wellness Together Canada

ca.portal.gs

Anxiety Canada

www.anxietycanada.com

On the subconscious level, both situational and generalized anxiety can lead to even more stress by triggering anger, irritation, and other emotional outbursts that threaten interpersonal relationships and often drive those who can provide much needed support away from us. In my practice, this subconscious experience accounts for as much as half the overall anxiety created by COVID.

COVID is no science fiction movie or alternate reality. It shapes our life here and now. No wonder we are short with our partners, families, and coworkers. There is always something negative on our minds.

Here are four tips, the 4 As, to help

survive in the 'Age of COVID Anxiety.'

Awareness

We cannot fight what we do not feel and know.

First, we need to find out how COVID is affecting us personally. Have our internal and external behaviours changed. Are we more fearful, angry, and suspicious? Do we isolate from others who can support us in times like these?

We may not be able to connect in person, but we can still communicate by letting others that we share their struggles and are prepared to help them safely.

Action

Changes in thoughts and words must lead to changes in behaviour.

It is not enough to just think and talk about what needs to be done, we need to actually do it. We need to change our behaviours so that we become positive and constructive. Do not just think and talk, act!

Alternatives

If what we are doing is not working, do something else

Doing the same thing over and over with no success is not insane, as some say. It is human! We need to be brave and creative in exploring ways to fight COVID and improve the quality of life for ourselves and others. We need to learn how to take intelligent chances.

Attraction

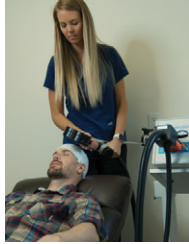
Too often, we focus on our fears but not our hopes

Fear robs us of strength and courage. Hope encourages us to survive. Even a single negative conversation or behaviour has the power to weaken us and allow fear to control us. We need to focus on the good things and life we still have. Find what is good and help it to grow.

A very simple trick is to put an elastic band around your wrist. Every time you feel COVID and fear taking over, just snap the elastic band to remind yourself that there is always another way to feel, think, and act.

It us up to you. 📌

Paul McIsaac is a counsellor, clinician, and psychotherapist.



Mental health, trauma, and addiction treatment programs for professional men, including military, veterans and first responders.



Sunshine Coast Health Centre

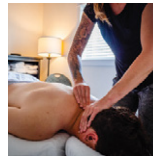
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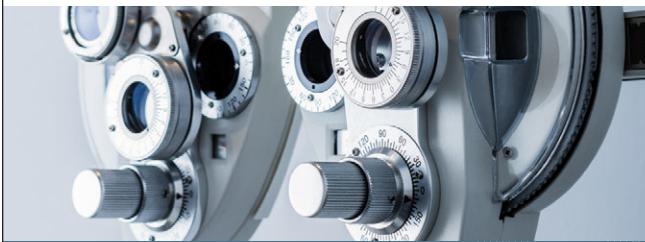
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Dr. John Wyse, Dr. Ekaterina Medina, Dr. Jenifer Van, Optometrists

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5 MOST EFFECTIVE WAYS TO PREVENT THE SPREAD OF COVID-19

1. Wash your hands often



2. Stay at least 2 metres apart



3. Wear a mask when 2 metres cannot be maintained



4. Stay home when you are sick



5. Get tested when you have COVID-19 symptoms



You can find local COVID-19 information in the following places:



Our website:
www.divisionsbc.ca/powell-river



Doctor's Notes: subscribe
to our email newsletter
on our website



@prdivisionoffamilypractice

*A message from
Powell River
physicians*



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