

# ZEST

KEEP  
for Health Directory

## Giving Back

These women who have walked through the valley of cancer are now planning events, and raising money and awareness

### Plus!

The raw vegan lifestyle  
The Gerry Gray Centre  
And much more

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# Telling stories about health is healing

By Pieta Woolley, Editor

It was a gorgeous fall day down at Willingdon Beach when Abby Francis shot the cover of this magazine. Grace Adams and Dawna Pallen were meeting Rebecca Wulkan for the first time, as cover models. All three of them have been through a breast cancer diagnosis and treatment, and they've all been inspired to plan events and fundraisers for others going through what they went through.



Shooting the pictures took about seven minutes. But – no surprise – the women stayed at the beach for much longer chatting with each other. Health – and illness – is something that draws us together. It's part of being human, for better or for worse. Telling stories about your own health, revealing your vulnerable self, helps others.

That's why *qathet Living* magazine produces *ZEST* each year: to lift up the voices of expert-through-experience locals, so we can learn, and empathize, and prepare for our own health journeys, from beginning to end.

In this year's issue, Carmen Brown recalls the lethargy she experienced in her 50s, as her metabolism slowed down in middle age (Page 7). She learned how to cook and

eat raw vegan food, and found that her vibrancy returned. Not only that, but she shares her recipes and insights online – a storyteller on a mission to help others.

Many of you will remember Gerry Gray, who passed away this summer. His name is on the new seniors drop-in centre, which opens this fall (Page 22). It's a project of inclusion Powell River, with the goal of helping seniors tend their own mental, spiritual and physical health.

This year, we offer more health services listings than ever before, as our community becomes more proactively aware of prevention, immune support, complementary care and self-care during this trying time.

Of course, COVID has brought a terrifying illness to the front of our consciousness like no other has since the polio epidemic of the 1950s. But as this magazine highlights, there's so much more to health than avoiding the coronavirus. More stories to tell. More to celebrate. More reasons to reach out. More ways to care for each other.

I hope you find the support you need on these pages. The staff at *qathet Living* wish you a happy, healthy year. 🍀

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the financial support of the  
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On the Cover:  
Dawna Pallen, Grace Adams and Rebecca Wulkan  
at Willingdon Beach, September 2021.  
Photo by Abby Francis,  
Local Journalism Initiative reporter

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## Energetic mom with terminal cancer helps her family & others live life to the fullest

By *Rebecca Wulkan*

In June of 2020, I, a mom of five boys, was diagnosed with breast cancer. After sharing the diagnosis with our families, and doing further testing, we found out that the cancer had spread to my bones. This turned my diagnosis into Stage Four, Metastatic Breast Cancer, with no cure.

Our family has spent the last year just simply surviving. Our kids, two with already-unstable mental health, were launched into full blown trauma. The other three kids experienced their own versions of trauma from Mom's diagnosis and also bore the brunt of the chaos from the general trauma in our family system.

Needless to say, it was a really tough year. But we set out to prove that we can be tougher than whatever we were facing.

I started my research about Metastatic Breast Cancer, only to find out that there is very little in the way of current information. I talked to doctors about healthy living; what strengthens bones, what food is good or bad, etc and my only answers were: Just live your best life and maybe follow Canada's food guide.

I was devastated. My Best Life... is my life. I wanted to live, not just curl up and slowly die.

My personal research led me to bone strengthening exercises like running and lifting weights. It led me to cancer nutritionists to help with food choices. And it led me to great support communities.

### HOW TO PARTICIPATE

1. Join the first Move-A-Thon to raise money for Rethink Breast Cancer
2. Buy a t-shirt designed by one of her family members to help support their therapy
3. Join the PR Cancer Connection group. The first meeting is October 18.

For more, visit Rebecca's website at [embraceadventuretogether.com](http://embraceadventuretogether.com) and see the October *qathet Living*.

Those with experience want you to survive and thrive with

# Screening & Support



Breast cancer activists (from left) Dawna Pallen, Rebecca Wulkan and Grace Adams at Willingdon Beach.



# Tla'amin takes care of women

By Abby Francis, Local Journalism Initiative Reporter

A surprising number of Indigenous and Non-Indigenous women in this region have had breast cancer.

That is what Nanette Kapitan (a survivor of eight years) observed, after moving to the qathet region in early 2020. "I had gone for screenings since my early 20's, and one day it came back positive," said Nanette. "Because it was caught early, it was small, but a lumpectomy was required."

She did not find any post-surgical mastectomy garments when she moved here – so she decided to do something about it.



## LOCAL INDIGENOUS WOMEN HAVE MUCH LOWER SCREENING & SURVIVAL RATES

Here on the coast, breast cancer screening rates are much lower among Indigenous women than the general population.

About 38 percent of Indigenous women between 50 and 69 were screened between 2017 and 2019, compared with 54 percent of all women of that age group.

The survival rates of First Nations peoples who have cancer are lower than for the general population.

BC Cancer's Indigenous Cancer Control Manager Ashley Turner explains: "There are a lot of factors here. It could in part be because First Nations are getting diagnosed at a later stage," Ashley says. Getting screenings done is important to catch cancer early, meaning a better chance at survival, and greater health outcomes.

About one in eight women get breast cancer at some point in their lives, usually after age 50, according to the Government of Canada.

Kompassion for Kups is a business Nanette started, which offers high quality Anita Care products for women in this region. The garments and prosthetics help women feel more comfort and support after breast cancer surgeries. Because she's a licensed medical provider in the region, customers can submit for reimbursement to BC MSP, BC First Nation Health, and private extended health care plans.

"Something I always say is you have to ask for more, you cannot just settle; advocate for yourself, your sister, your mother, your grandmother, or your auntie, to name a few. There are limited medical products out there to help you feel comfortable, but they are now available locally. It's hard enough going through breast cancer and feeling whole again which is a mental health comfort that no woman should be without," says Nanette.

The important message of 'go get screening done' is not only for breast cancer but also for cervical and colorectal cancers.

"We heartfully encourage your mom, sister, auntie, grandmother, or friend to participate. This is one way we can be certain about Taking Care of our Women." ❏

## TAKING CARE OF OUR WOMEN EVENT

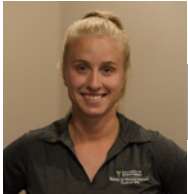
The new event for Indigenous women will be held on October 21st at 5:30 pm in the Tla'amin Salish Centre (or online – check closer to the time). There will be presentations and prizes.

Community registration for this event will be available on the Tla'amin Nation Facebook page. T-shirts will be for sale early October at the Tla'amin Nation Government House, with the profits going towards the Tla'amin Health Cancer Comfort Fund.



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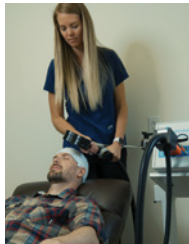
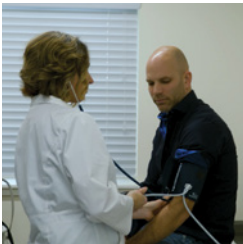
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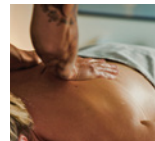


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# Georgia Strait

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[gswc.ca](http://gswc.ca)

# Raw Power

gathet's Carmen Brown changed her diet and mindset several years ago and has never looked back

## From living to thriving

I was in my early fifties when I felt like I was starting to age too quickly.

I had less energy, I'd gained weight, my knees were starting to hurt, I had body aches and pains and poor digestion.

From my search to improve my life-style I decided to do a raw vegan 21-day challenge. This challenge required me to eat fruits, vegetables, nuts and seeds. Nothing was heated over 118 Fahrenheit (48 degrees Celsius) as this keeps it a living food with all enzymes intact.

I found a few books for recipes, I took an evening class on Vancouver Island, and joined online groups for inspiration and support. I am very grateful that my partner encouraged and supported me through the transition from over 50 years of eating the Standard American Diet (SAD) to raw vegan; bless him for his patience!

I've never looked back from that day. It was like I started my life all over again, only this time I was thriving instead of just living. I was learning something new. This style of eating totally resonated with me – what better way to stimulate yourself at midlife. My mind is learning new things and my body is thriving because of it. I am now 60 years young.

## What is raw vegan?

Raw vegan is not just fruit, salad, veggies and dip. I create delicious juices, (you can drink them all day long, and I do), soups, snacks, comfort foods and deserts. My body thrives on this food.

The beauty of raw vegan is the versatility. You learn to be in tune with your body, eat closely to what's in season, or according to the weather. Warmer weather calls for more fruits, juicing, salads, and loads of 'nice cream' - blended, frozen bananas. Cooler months mean warm soups, tea, higher fat and

### FIND CARMEN'S RECIPES AT:

[gorawcarmen.wixsite.com/rawliving](http://gorawcarmen.wixsite.com/rawliving)

On FB: Raw Vegan What's for Dinner

On Instagram: @raw.living.carmen.

more comfort-style foods made using a dehydrator.

Many people think I spend a lot of time in the kitchen and the answer is no. I used to spend a lot of time preparing food, and at times I was discouraged. But once I let go of the conventional meal plan teachings I had grown up with, such as three square meals, it became easy.

Now my meals take five to 15 minutes to put together, they are filling, a satisfying fresh feast for both the eyes and the tummy. People who eat raw vegan food make wraps, tacos, lasagna, zoodles, cheese, crackers, raw breads, burgers, kale chips, soups, pizza, ravioli, sushi, salsa, guacamole, carrot lox, stuffed mushrooms, lattes and sweets.

## How much does it cost?

People often assume that a raw vegan lifestyle is expensive. I don't know what others spend on groceries for a week, but I don't think it's expensive. I eat very well, and I also share food. I don't buy all organic, and if you shop in season and don't go for exotic fruits all the time (forget the cauliflower when it costs \$7), then it's very reasonable. I buy 30 to 40 bananas a week – yes people think I have a pet monkey and I often get asked what I am doing with all those bananas. My reply is, I eat them! Bananas are cheap and there are so many delicious ways to prepare them.

Nice cream, pancakes and cinnamon rolls are my top three favorites. 🍌



## ZUCCHINI - ZOODLE YOUR NOODLES

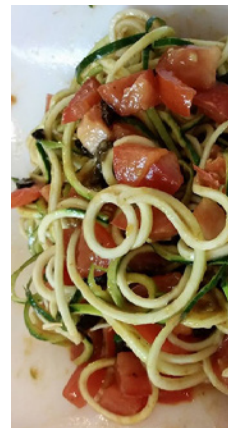
The basics are always a good place to start - then I share variations to make this even easier. You decide the amount you want - this recipe is about mixing ingredients for the flavor.

### Ingredients

Zucchini  
Tomato  
Basil  
Garlic  
Avocado or cold pressed oil  
Salt/Pepper

### Directions

Dice/chop the tomato.  
Mince the basil and garlic.  
Mash avocado with a fork.  
Salt and Pepper and stir well. Spiralize the zucchini into noodles. Toss all ingredients well and serve immediately.



### Variations.

- Olives are a great addition to this meal.
- Use Guacamole, Salsa or Tomato Sauce for a super quick meal.
- If you have Pesto - use it - then no need for the basil/garlic/avocado/salt/pepper - just chop a tomato, zoodle your noodles and toss it together.
- Alfredo Sauce? Use my Caesar Salad Dressing

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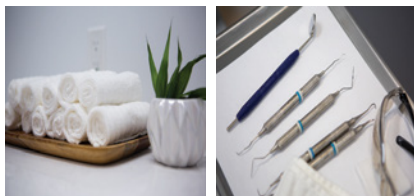
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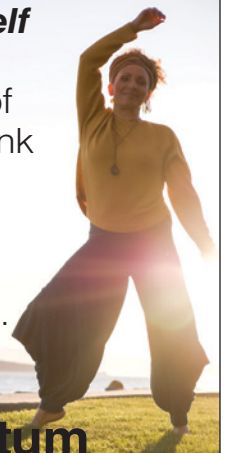
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604-483-6462 [powellrivermiklat.com](http://powellrivermiklat.com)

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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4752 Joyce

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### Sunshine Coast Health Centre

1.866-487-9010 • 2174 Fleury

[schc.ca](http://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.

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604-485-7983 • 103-4511 Marine

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[betterathome.ca](http://betterathome.ca)

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3463 Marine & 4909 Bowness

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### Hummingbird Home Care

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### Independent Lifestyles

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and we'll try to include it  
next year.

## Birth & Babies

### Babies Open New Doors (BOND)

604-485-2604 • [prepsociety.org/BOND](http://prepsociety.org/BOND)  
[bondprogram@liftcommunityservices.org](mailto:bondprogram@liftcommunityservices.org)

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[prepsociety.org/familyplace](http://prepsociety.org/familyplace)

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### Dr. Felix Nwaeze

604-485-7779 • 6935 Harvie

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[heartofthemoon.doula@gmail.com](mailto:heartofthemoon.doula@gmail.com)  
[heartofthemoondoula.com](http://heartofthemoondoula.com)  
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### Little River Doula Care

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

### Melanie Lamden

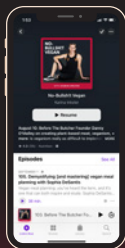
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Birth and post-partum doula. Find peace and strength through your birth journey.

[www.karinainkster.com](http://www.karinainkster.com)

## FITNESS & NUTRITION COACHING

+ free vegan resources



Tune in to the *No-B.S. Vegan* podcast, apply for a coaching spot, and access our free vegan resources at [karinainkster.com](http://karinainkster.com).



## Olive Branch Births

778-288-6090

Childbirth educator offering private and group prenatal classes.

## Orca Bus Outreach Program

604-485-2132 • 205-4750 Joyce

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

## gathet Midwifery

604-493-2024 • Marine (Marine Medical)

Elizabeth Bodner. Pregnancy, birth, postpartum, newborn, breastfeeding.

## Trista Tom Leblanc

604-414-7303

Postpartum doula.

## 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

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

Chiropractic, Homeopathy and Massage Therapy. Custom holistic treatment.

### Powell River Chiropractic

604-485-7907 • 4551 Joyce

[powellriverchiro.ca](http://powellriverchiro.ca)

Dr. Ted Johnson has been passionately practicing Chiropractic for more than 28 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](http://suncoastintegratedhealth.com)

A one-stop shop for all your alternative and complementary healthcare services. Chiropractic, massage therapy, concussion management, chronic pain management, 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

Non-demolition dry fog eliminates mold, virus and bacteria, even behind walls.

### 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.

### Did we miss you?

We did our best to include everyone, but if you know of a health or wellness provider we missed, please let us know at 604-485-0003 or [sean@prliving.ca](mailto:sean@prliving.ca)

## 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.

### Berghauer and Associates Counselling Services

604-223-2717 • #200-7385 Duncan

Rick is a Certified Canadian Counsellor, covered by most employee benefits.

### Carol Battaglio Counselling

604-578-1199

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

### 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](mailto:cwalford444@gmail.com)

Registered Clinical Counsellor working with people ages 8 and up via telephone, 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.

### Full Circle Counselling

604-414-6558 • 4536 Willingdon

Counselling support - grief, addiction, trauma, mental health & neurobehavioural focus.



## Supported by ads

This publication, and the directory of services, was researched and created by the staff at *qathet Living*. It is made available to residents free of charge.

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 endeavour 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](mailto:sean@prliving.ca) so we can be sure to include it in next year's edition of ZEST.



### Jon Schwabach, Ph.D., RCC

604-487-0633 • 14997 Saltery Rd  
www.drjon.ca

In-person or phone counselling for individuals and couples. Insurance accepted. Helping people grow for over 30 years.

### John-Michael Parra, M.A., RCC

604-670-8354  
info@jmpcounselling.com

Are emotional ups and downs disrupting your life? Feeling anxious, depressed? Are you stuck in patterns that counselling in the past has not helped you move past? Using somatic therapy, I support people of all ages who are struggling with their emotions due to stress, difficult childhood, trauma, or lack of support. Let's uncover your inner calm, safety, and resilience.

### 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.

### 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.

### VK Wellness Initiative

604-578-8135 • 5-4313 Alberta  
vkwellness.ca  
Wellness on your terms. Workshops and events, group therapy, clinical counselling, corporate wellness, mediation, registered massage therapy, holistic nutrition, clinical herbal therapy, adult sleep consulting, kinesiology services and more...

### Wildwoods Counselling

604-223-3376 • 6363 King  
Somatic psychotherapy for trauma, PTSD, grief, addiction, psychedelic integration.

## 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.

### Glacier Dental Clinic

**Dr T. Virdi & Dr. J. 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 denturist at least every year or two!

## **End of Life**

### **Clare Liggett**

#### **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.

#### **Hayley Creasey**

#### **End of Life Doula**

604-414-7147  
End of life care resource and liaison.

#### **Hidden Tree**

#### **Palliative Care Services**

604-578-8125  
Mark Johnston offers short-term live-in, respite, estate management.

### **Hospice Society**

604-223-7309 • PO Box 33, V8A 4Z5  
Social & emotional support for individuals with life-limiting illness, caregivers, or anyone who is grieving.

#### **Stubberfield Funeral Home**

604-485-4112 • 7221 Duncan  
stubberfieldfh.com  
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

#### **Foot Loose Foot Care**

604-483-9454  
Cathy MacDonald provides foot care services, especially for diabetics.

#### **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 and Dr. Ekaterina Medina and their team. Get your eyes checked yearly.

#### **Pat's Foot Care**

604-223-2259  
Reduce painful calluses, corns, cracked heels etc. Help with foot ailments.

#### **Powell River Foot Care**

604-223-7632 • Susan Lemna  
Mobile service for diabetic foot care, corn, callous and ingrown nail care, trim & file.

#### **Powell River Hearing**

604-485-0036 • 4794B Joyce  
powellriverhearing.com  
Comprehensive hearing tests. Hearing aid dispensing. Aural rehabilitative counselling. Modern hearing aids improve relationships, improve memory function, reduce background noise and connect to your devices. Contact Shannon for a free consultation and demonstration.

### **Secure Vision Mobile Optician**

250-792-5199 • Helen Whitaker  
Professional and affordable prescription eyewear at home or in residential care.

#### **Your Sole Connection**

604-344-0608  
Sarah Murphy, LPN, and certified foot care nurse (FCN) offers mobile medical foot care. Diabetic foot care, plus treatment for nail fungus, corns, calluses, cracked skin, in-grown toenails, thickened nails and more.

## **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  
Mon - Thursday: Free lunch, coffee & snacks beginning at noon. Provides a safe place for community members to socialize, integrate, learn, and connect with 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**

604-344-0531 • 4752 Joyce Ave  
Local food resources and how to access them. Works to strengthen the capacity of the regional food system.

#### **Good Food Box**

604-344-0531  
Pre-pay \$12 for a box of fruits & veggies valued at \$20. Volunteers welcome!



Your SOLE CONNECTION

## Mobile Medical Foot Care

Treating nail fungus, corns, calluses, cracked skin, in-grown toenails, thickened nail reduction and more

**Sarah Murphy LPN**  
Certified Foot Care Nurse



604-344-0608  
sarahmurphy13@shaw.ca



*Crescent Moon*  
MASSAGE THERAPY

## Brittany Burton, RMT

Registered Massage Therapy  
in a warm, natural & relaxed setting  
located south of town,  
with a focus on deep-tissue  
and pre-natal support  
as well as relaxation massage.

Welcoming new clients.



Contact Brittany  
at 604-487-0066 or  
crescentmoonmassage@outlook.com



**WHAT MAKES US DIFFERENT**  
Thrive Community Fitness has partnered with local health professionals & fitness professionals to provide a variety of gentle & specialty fitness programs. Our team strives to close service gaps in health & fitness to meet a variety of needs for citizens in our region. Our goal is to ensure clients have opportunities to THRIVE!

Group Fitness,  
Specialty Fitness & Yoga



thrivecommunityfitness.ca

604-578-0500  



## The VK Wellness Initiative

- Free Wellness Consultations
- Workshops & Events
- Registered Massage Therapy
- Mental and Behaviour
- Wellness Therapy & Planning
- Corporate Wellness Programs
- Holistic Nutrition
- Group Therapy
- Mediation and Dispute Resolution
- Clinical Herbal Therapy
- Clinical Counselling
- Professional Organizing (KonMari Method™)
- Integrated Adult Sleep Consulting

**vkwellness.ca**

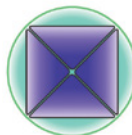
  @vkwellnessinitiative

604-578-8135 • 5-4313 Alberta Ave

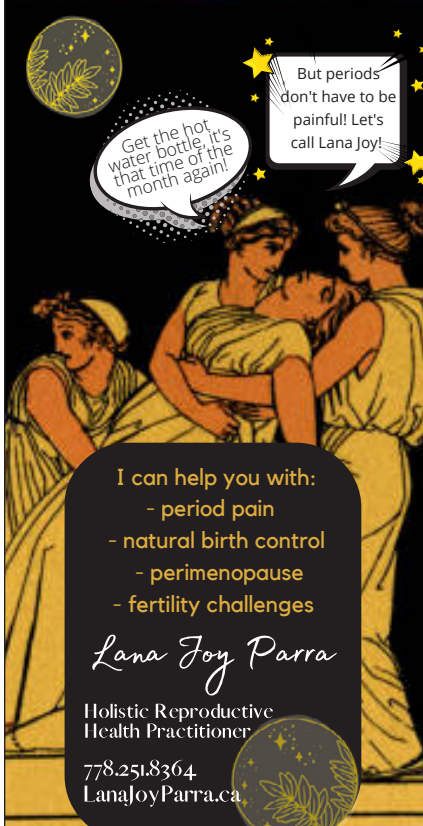
## Edward Sanderson Community Acupuncture

*Relax in a group setting*  
*Affordable sliding scale*

acute and chronic pain  
migraines • fibromyalgia • sleep disorders • anxiety • depression  
hormonal imbalances  
digestive problems



Edward Sanderson R. Ac.  
4898 Manson • 604-485-0108  
edward@esacupuncture.ca  
**esacupuncture.ca**



Get the hot water bottle, it's that time of the month again!

But periods don't have to be painful! Let's call Lana Joy!

I can help you with:

- period pain
- natural birth control
- perimenopause
- fertility challenges

*Lana Joy Parra*

Holistic Reproductive Health Practitioner  
778.251.8364  
LanaJoyParra.ca

## 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](http://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 • 6792 Cranberry

Soup & sandwich 11:30am 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.

## 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](http://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's Helping Hand Fund

604-485-2132 | #207-6975 Alberni

Can't afford an emergency health expense? United Way provides one-time financial assistance for low-income individuals and families in qRD. Confidential applications available at the Poverty Law Advocacy Office, #207-6975 Alberni St.

### Hygiene Cupboard

604-485-0992 • 4752 Joyce

[unitedwayofpowellriver.ca](http://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.

## Homeless Outreach

604-223-8375

Support to find housing or shelter.

## 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

### BC Cannabis Store

7035 Barnet Street (Town Centre)

Government store.

### Bean Cannabis Shop

#7-7030 Alberni Street

Cannabis advisors ready to share their selection of cannabis and accessories.

### 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.

### Sun Coast Cannabis Shoppe

604-489-0070 • 102-7010 Duncan

Weed be good together. Solids, extracts, prerolls, topicals, and more.

### Cranberry Cannabis

604-483-3168 • 5712 Manson

Pain relief from flowers to teas, tinctures, edibles, smokes.

# Massage & Laser

### Andrew McCully

778-882-6864 • 5757 Maple

[andrewmccully.com](http://andrewmccully.com)

[andrewmccullyrmt@gmail.com](mailto:andrewmccullyrmt@gmail.com)

Andrew has 15 years experience, specializing in systemic deep tissue and myofascial massage therapy.

### Behr's Massage Therapy Clinic

604-485-2155 • 201B-4690 Marine

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

### **Beyond Bliss Spa & Suites**

604-485-9521 • 4555 Marine

beyondblissspa.com

A modern day spa and laser centre providing treatments that focus on skin health, wellness and relaxation. From massage, pedicures & photo facials to everything in between let us help you look and feel your best. Licensed practitioners and strict cleaning protocols mean you can feel confident in your choice.

### **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 light energy to help you recover more quickly from injury and surgery, and is a non-pharmaceutical treatment option for 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!

### **Brenna Wear, RMT**

604-868-2772 • 7385 Duncan

At Coast Fitness. Pre- and post-natal massage, myofascial release and more.

### **Charlese Nan, RMT**

604-414-7923

Registered massage therapist. By appointment only.

### **Ch'iyone Studio RMT**

778-743-0564 • Laneway 5480 Marine

Safe & effective registered massage therapy with Kimberley Franke RMT.

### **Crescent Moon Body Wellness**

604-344-4848 • 7-4313 Alberta

crescentmoon-bodywellness.square.site

Leanna offers a relaxing space for all to come and enjoy a wide variety of massage/body treatments. Ease tension and balance the body with deep tissue or fire cupping, dive into deep relaxation for the mind, body and soul with the Crescent raindrop massage. You are always in good hands!

### **Crescent Moon Massage Therapy**

**Brittany Burton, RMT**

604-487-0066

Corner of Whalen Road & Hwy 101

crescentmoonmassage@outlook.com

Warm, natural & relaxed setting located south of town, with a focus on deep-tissue and pre-natal support as well as relaxation massage. Welcoming new clients. For inquiries or booking contact Brittany by phone or email.

### **Elemental Healing**

604-414-9772 • 6804 Alexander

Massage and reiki. Shiatsu, cranio-sacral, deep tissue, visceral manipulation.

### **Heartwood Massage**

250-218-5112 • Hammond St

Offering a variety of massage services to leave you feeling pampered and restored.

### **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.

### **Kostali Wellness**

4518 Joyce • kostaliwellness.ca

kostaliwellness@gmail.com

Kostali Wellness is a new full service Registered Massage Therapy and Wellness Centre, opening our doors fall of 2021. We are locally owned and located in the heart of Powell River. Check our website or email us for updates and contact information!

### **Malaspina Massage Clinic**

604-485-2224 • 105-7373 Duncan

Registered massage therapists. No referral necessary.

### **Mayet Therapeutics**

604-414-3978 • 9651 Evergreen

RMT Claire MacPherson provides massage south of town.

### **New Beginnings**

**Laser Center Medi-Spa**

604-413-0551 • 7-4313 Alberta

newbeginningslasercentermedispa.com

The newly established medi-spa that Powell River has long been waiting for. With a wide variety of treatments from laser hair removal, micro-needling, custom facials, and body treatments, you are covered from head to toe. Professional, caring, and affordable; come in today and let's get you feeling your best.

### **Powell River Massage**

604-483-6759 • 7-4713 Alberta

Release, relax, reset with massage and yoga with Robin Morrison.

### **Sage by Sea Wellness Practice**

604-223-1957 • 7061-D Duncan

Thai yoga massage, Reiki, Hakomi counselling

### **Timber Massage & Wellness**

604-344-0605 • 6935 Harvie

Registered massage therapists, naturopathic doctor and health coach.

### **Townsite Massage Therapy**

**Alison Richmond, RMT**

604-905-8028 • 5670 Marine

townsitemassage.ca

alisonrichmondmt@gmail.com

Professional and effective registered massage therapy in a peaceful home-based studio. Deep tissue, injury-specific rehabilitative treatment, relaxation and pregnancy massage. Accepting new clients. Direct billing, online booking and morning, afternoon & evening appointments available.

## **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.

### **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 medicine, SomatoEmotional Release.

### **Did we miss you?**

If you know of a health provider we missed, please let us know at 604-485-0003 or sean@prliving.ca



### **Dr. Ginette Cloutier, R.TCM.P**

604-223-7100 • 4585 Marine

Traditional Chinese Medicine; acupuncture and herbology.

### **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**

### **Accelerate to Perform Therapy**

604-414-7815 • 7061-D Duncan

Acute & chronic pain management and injury rehabilitation with an active approach.

### **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 • 604-483-6799

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.

### **Green Living Yoga**

778-522-9642 • 10988 Berger - Lang Bay

Yoga, especially for active men, to help keep you limber and strong.

### **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.

### **K.I. Health & Fitness**

778-230-6849 • [karinainkster.com](http://karinainkster.com)

Nail your fitness and plant-based nutrition goals online with our team of vegan coaches, led by Karina Inkster (host of the No-B.S. Vegan podcast, author of 4 books). Get customized workouts and nutrition planning. Check out our ebooks, articles, online course, vegan resources, and podcast (all free!) at our website.

### **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

### **Powtown Crossfit**

604-999-3081 • 4504 Fernwood

Gym designed for functional movement constantly varied at high intensity.

### **Powell River Massage**

604-483-6759 • 7-4713 Alberta

Hatha yoga with certified instructor Robin Morrison. Beginner and restorative classes.

### **Five Elements Acupressure Qigong, and Qi Yoga**

604-483-3509 • Sandra Tonn • [qisandra.ca](http://qisandra.ca)

Qi = life force energy. Discover the mind-body-spirit connection.

### **Recreation Complex**

604-485-2891 • 5001 Joyce

[powellriverprc.ca](http://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.

### **Sunshine Somatics**

604-388-7116

Certified Essential Somatics® Movement Teacher, Breathworks Mindfulness Teacher.

### **T-Fit Yoga & Fitness**

604-483-6225

Terri Cramb is a fitness, yoga and health coach.

### **Taoist Tai Chi**

250-240-3387 • 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.

### **Thrive Community Fitness**

604-578-0500

[thrivecommunityfitness.ca](http://thrivecommunityfitness.ca)

Our team of health & fitness professionals specialize in a variety of gentle group fitness, specialty fitness & yoga programs that are open to all ages. Our goal is to empower you to take charge of your health by making small changes in your physical activity habits.

## **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  
Beyond traditional pharmacy and prescription services to areas such as custom medication compounding.

### **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  
Professional staff ensure the medications you depend on are safe and effective.

### **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

### **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.

## **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  
powellriverphysiotherapy.com  
We are a full-service physiotherapy clinic offering a range of effective and caring physical therapy and rehabilitation services to get you back to the activities you love! 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.

## **Reproductive Health**

### **Lana Joy Parra**

778-251-8364 • hello@lanajoyparra.ca  
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 as well as teaching a natural and reliable form of birth control. Free 30 minute consultations available; 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.

### **Youth & Family Powell River**

604-485-3090 • 7105 Nootka  
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.

### **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.

### **Powell River Assist**

604-414-7947  
To prevent and mitigate seniors abuse and isolation, and promote physical wellness.

### **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  
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 • #218 - 6975 Alberni  
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.

### **COVID Adjustments**

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



Heart of the Moon  
full spectrum doula  
service offers

supportive, evidence-  
based care through  
pregnancy, birth,  
postpartum as well  
as pregnancy loss.

Childbirth education  
classes starting soon.



**Ren**

warm, affirming,  
knowledgeable  
support

DAFGP grant  
available for  
Indigenous families.

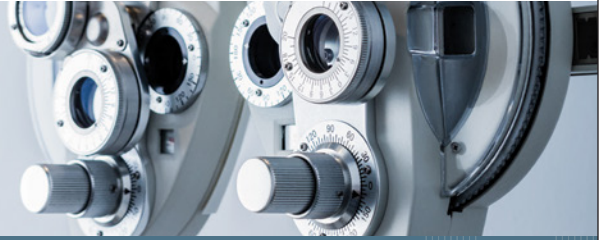
Scholarships  
available for  
LGBTQ2S+ families.

heartofthemoon.doula@gmail.com • 604-223-6101  
heartofthemoondoula.com (coming soon!)



# I R I S

premium eyecare. stylish eyewear.



## the average Canadian goes over two years between eye exams.

Early detection of changes in your eyes  
can prevent problems. Our Optometrists  
can detect these changes before they  
start affecting your vision.

CROSSROADS VILLAGE – #106-4801 Joyce Ave – 604.485.7115

Dr. John Wyse & Dr. Ekaterina Medina, Optometrists

### Do you answer yes to any of these questions?

- Do you often ask people to repeat themselves?
- Do others complain that the TV is too loud?
- Do you have difficulty recalling information or remembering conversations?
- Do you experience any of the following symptoms: Tinnitus (ringing), Vertigo (dizziness), Aural Fullness (pressure in your ears)?

**Hearing loss at any age can have a negative impact on your quality of life. Don't delay... call today and book a comprehensive hearing test.**



4794 B Joyce Avenue  
604-485-0036



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.

## We've got your back!

### Why choose chiropractic care?

- ✓ Improve body function
- ✓ More overall comfort
- ✓ Greater mobility & range of motion
- ✓ Improved posture

### Why choose Dr. Ted Johnson?

- ✓ 28 years in practice
- ✓ Onsite digital X-ray
- ✓ Custom foot orthotics
- ✓ Wellness & corrective practice



**604.485.7907**  
Dr Ted Johnson  
www.powellriverchiro.ca





## POWELL RIVER HOSPITAL FOUNDATION

Your donations make a difference by helping purchase much needed equipment and training that might not otherwise be provided at Powell River's hospital.

*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

## 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

## 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 for people with visual impairment.

### Caregivers' Support Circle

604-223-7309

Connects people who are caring for loved ones. Organized by Hospice Society.

### Cancer Connection

604-414-4274

Are you a cancer survivor, thriver, or caregiver? Come together with others.

### Elders Group (Tla'amin)

604-483-3009 • 4895 Salish Drive

Coordinates programs that are inclusive to Aboriginal Elders (55 and older).

### Gerry Gray Place

604-413-0762 • #106-7075 Alberni

Drop-in program for seniors.

### Parkinson's Support Group

604-223-4569 or 604-223-3125

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

### Schizophrenia Society

604-344-0309

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.

### The Compassionate Friends

powellrivertcf@gmail.com

Peer-support group offering friendship and understanding to bereaved parents.

### Women's Health Network

604-485-2132 • 4750 Joyce

United Way and VCH partnership to promote and support women's health.

### Walking Grief Support

604-223-7309

Every Wednesday 10:30 and 7:30 at Seawalk. All welcome. Organized by Hospice Society.

## Wellness

### Coaching with Silvana

604-414-4587 • silvanahernandez.com  
Integral Professional Coach™

Enabling deep and lasting change. Enjoy clarity, momentum and growth as you are lovingly guided through life transitions using the Enneagram and Integral Coaching® Method. Transformational coaching that helps you courageously walk through change so you can fully love who you are and how you do life.

### Cedar Cove Coaching

604-414-4274 • Harvie Ave

Our motto is, Embrace Adventure Together. I will help you explore your goals and growth.

### Dragonfly Touch

604-483-6643 • 7061 Duncan

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

### Inner Light Natural Healing

604-414-5385 • 5794 Marlatt

innerlightnaturalhealing.com

Pure Spiritual Healing:

For balancing and harmonizing the energies.

Intuitive Counseling:

Insight, understanding and well being.

Pure Meditative Peace:

teaching for groups and individuals.

### Live with Bliss

604-483-4380

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

### Sage By Sea 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 • 8754 Hwy 101

Angel readings, reiki, ARC bodywork, Hawaiian Huna, psychometric aura testing.

### Wild Spirit Apothecary

604-208-4969

Small-batch hand-crafted botanical beauty care products and herbal medicine. 🌿

# 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.

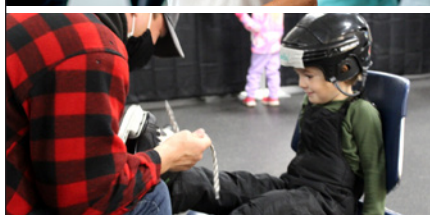
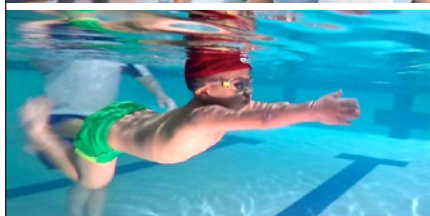
## Speech and Language Services

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. ☒



# STAY ACTIVE *at the* RECREATION COMPLEX

## BECOME A MEMBER!

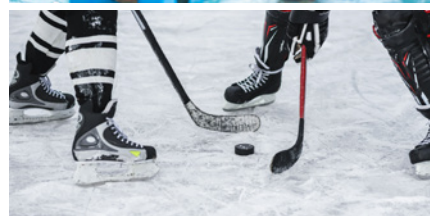


Swimming, aquafit, skating, weight room, drop in hockey, and drop in fitness classes are all included in your membership!

10 visit, 30 visit, 1 month, 3 month, 6 month, and 12 month memberships available. Ask us about our monthly payment plans!



For schedules, upcoming programs and special events visit us online at [www.powellriverprc.ca](http://www.powellriverprc.ca)





Inclusion Powell River is preparing to open Gerry Gray Place for older adults in late 2021. The centre will offer on-going social, educational, and recreational programming to empower older adults and enhance their emotional, mental, and physical well-being.

Gerry Gray Place is designed to be a safe place where individuals can make connections, participate in scheduled activities such as group exercise, crafts and cooking; access vital resources including provincial/municipal benefits, and receive support to advocate for themselves and their needs in the community. Informal caregivers are encouraged to join for information and training sessions, and to take advantage of the centre's programming for respite.

The centre is named to honour the late Gerry Gray (see left).

### CAN YOU GIVE GAMES?

Got games? Gerry Gray Place seniors centre is getting ready to open later this month and inclusion is seeking donations of indoor recreation activities, like cribbage boards, playing cards, board games, and exercise balls. Give us a call at 604-413-0762 to arrange a drop-off!

# New drop-in for every elder



**LOCAL LUMINARY INSPIRES PLACE FOR CONNECTIONS:** Top, long-time inclusion board member Gerry Gray passed away on August 28. Above, the new drop-in named in his honour will open in October.

## MEET THE LATE, GREAT, GERRY GRAY

Gerry Gray died on August 28, 2021, at the age of 93. He was an active member of this community for many years and besides his tremendous contributions to inclusion (he was president for more than 30 years) and the many hours of volunteer work for the organization (formerly known as Powell River Association for Community Living or PRACL), Gerry was a writer.

He got his start at the *Trail Times* in Trail, and worked for both the *Sun* and the *Province* in Vancouver before moving to Powell River where he became editor for the *Powell*

*River News*. Although he went on to work for MacMillan Bloedel at the paper mill, he continued to write a column for the *News* called "Dateline Millsville."

When *Powell River Living* was founded in 2006, Gerry offered his writing services and was an important part of the editorial team for several years and a favourite visitor at this office.

Gerry was also a member of what is now City Council – he was an alderman for the Corporation of the District of Powell River – and even deputy mayor.

Gerry Gray Place came through inclusion's experience running the local Better at Home program, which provides in-home, non-medical assistance for older adults in the community. Inclusion hopes to address some of the barriers faced by older adults in the region by creating a centrally located drop-in, where individuals can find the resources that they need to stay happy, healthy, and connected.

Any older adult is welcome to register or drop-in to the center for assistance. Through the efforts of staff, volunteers, and participants, inclusion works to build inter-generational connections and further its mission of creating a community where everyone belongs, by supporting and engaging people of all ages and abilities.

- by Lyle Harrison, inclusion Powell River Manager, Better at Home program



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

**Here are some of Lift's programs/services with contact information.**

Please follow us on our Lift Community Services Facebook page where we will keep the community informed of our ongoing efforts and progress.

- Lift Head Office:** 604.485.2004 #218-6975 Alberni St • general inquiries
- Community Resource Centre:** 604.485.0992 4752 Joyce Ave • legal advice, internet/computer/phone, and general support. *12pm - 4pm Monday to Thursday*
- BOND:** 604.485.2604 • support for new and expecting mothers.  
*Call to make an appointment.*
- Family Place:** 604.485.2706 - Unit 9 Town Centre Mall  
• support for families with young children. *Call for an appointment.*
- Literacy Outreach:** 604.414.7020 • support/tutoring available for adult learners. *Call to make an appointment*
- Immigrant Services:** 604.414.3630 • support for immigrants.  
*New location! #106-4871 Joyce Ave. Call to make an appointment*
- Food Security Project:** 604.344.0531 - 4752 Joyce Ave • local food resources and how to access them. *12pm - 4pm Monday to Thursday*
- WorkBC Centre:** 604.485.7958 - 4511 Marine Ave • employment services.
- Homeless Outreach:** 604.223.8375 • support to find housing/shelter.  
*Call to make an appointment*
- Overdose Prevention Site:** 604.485.2604 - 4752 Joyce Ave • witnessed use and harm reduction supplies. *4pm - 8pm daily*
- Supportive Housing Building:** 604.485.0909 - 4910 Joyce Ave • housing for those who are at risk of homelessness.



**CAN YOU HELP?** If you would like to donate items or money to Lift, please contact our Community Support Programs Manager, Jessica, at 604.414.9880.

**STAYING HEALTHY:** Lift Community Services prioritizes the health and well-being of their staff, clients, and community every step of the way.

**THANKS TO OUR COMMUNITY:** Thank you all for your ongoing support and commitment to keeping our community safe during this trying time. We look forward to connecting with you soon!

**liftcommunityservices.org**  **@liftcommunityservices**

# 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.