

SUNSHINE COAST

SENIORS

2012

RESOURCE

DIRECTORY



SUNSHINE COAST SENIORS RESOURCE DIRECTORY

This project was supported by a grant from the BC Ministry of Health under the 2012 Age-Friendly Community Projects Program administered by the Union of British Columbia Municipalities. Special thanks to the Working Group who assisted Marg Penney and Francine Lucas in compiling this document for the District of Sechelt.



December 2012

TABLE OF CONTENTS

HEALTHY LIVING

NUTRITION

Community Dietician	1
Nutrition Counselling	1
Continuing Diabetes Education	1
Grocery Shopping	2
Grocery Delivery	2
Meals on Wheels	2
Outreach Healthy Meal Program	2
Food Banks	3

RECREATION CENTRES

Gibsons & Area Community Centre & Arena	4
Gibsons & District Aquatic Facility	4
Sechelt Aquatic Centre	4
Sunshine Coast Arena	4
Pender Harbour Aquatic & Fitness Centre	5

EDUCATION

Eldercollege	5
Capilano University, Continuing Education	5

HOME CARE & HOME NURSING SERVICES

Home Care Services, Vancouver Coastal Health	6
(Long Term Care Program, Shorncliffe Hospice Program, Home Care Nursing Program, Palliative Care Program)	
Home Care Nursing, Pender Harbour	7

SUPPORT & COUNSELLING

Telephone Tree	8
Friendly Visitors	8

Coast Weight Controllers	8
St. Mary's Hospital Auxiliary Loan Cupboard	8
Elder Abuse, SC Community Response Network	8
Dementia / Alzheimer's Support	9
Social Worker	9
Shorncliffe Hospice Program	9
Occupational and Physio Therapy	10
Sunshine Coast Hospice Society	10
White Cane Club, Sunshine Coast	11
South Sunshine Coast Parkinson Support Group	11

FINANCES

Shelter Aid for Elderly Renters (SAFER)	12
Service BC	12
Service Canada	12
Volunteer Income Tax Program	12

HOUSING & CARE FACILITIES

Pender Harbour Seniors Housing Society	13
Greenecourt Seniors Housing	13
Totem Lodge	13
Shorncliffe Care Home	14
Good Samaritan Christenson Village	14
Kiwanis Heritage Apartments	15

SENIORS CENTRES, GROUPS & ACTIVITIES

Sechelt Seniors Activity Centre	16
Harmony Hall	16
Harbourside Friendships Group	16
Pender Harbour Seniors Initiative	17
Sunshine Coast Senior Citizens (COSCO-BC)	17
New Horizons Seniors Group	17

VOLUNTEER OPPORTUNITIES

Sunshine Coast Volunteer Centre	18
St. Mary's Hospital Auxiliary	18
Pender Harbour Health Centre Auxiliary	18

TRANSPORTATION

Sunshine Coast Transit System	19
handyDART	19
BC Ferries	19
Travel Assistance Program	20
Volunteer Drivers	20

HOSPITALS & HEALTH CENTRES

St. Mary's Hospital	21
Pender Harbour & District Health Centre	21
Gibsons Health Unit	22
Sechelt Health Unit	22

OTHER COMMUNITY ORGANISATIONS

Sunshine Coast Community Services	23
Community Resource Centre	23

OTHER INFORMATION

Emergency Numbers	25
Non-emergency Numbers	25
Sunshine Coast Regional District	25
Town of Gibsons	25
District of Sechelt	25
Sechelt Indian Government District	25
MLA & MP	26
Government of Canada	26
Canada Pension Plan	26
Enquiry BC	26

Index & Evaluation

HEALTHY LIVING

This first section includes resources for nutrition and food programs, recreational facilities and activities, and education.

NUTRITION

Community Dietician

Home Care Services, Vancouver Coastal Health

Phone: (604) 741.0726

The goal of the community Dietician is to improve and/or maintain a client's health through a consultation, assessment, and individual nutrition planning/training. Referrals can come from either professional or non-professional sources.

Nutrition Counselling, Pender Harbour Health Centre

Phone: (604) 883.2764

A Registered Dietician is available for consultation regarding any nutritional or dietary issues such as weight gain or loss, dietary restrictions imposed by a doctor, or just a healthy eating program. Call the Health Centre to make an appointment.

Continuing Diabetes Education, Pender Harbour Health Centre

Phone: (604) 883.2764

Information regarding food choices, risk management and lifestyle changes necessary to live healthily with diabetes is available for both those with diabetes and family members who want more information. Blood and urine testing is also available.

Grocery Shopping

Home Care Services, Vancouver Coastal Health

Phone: (604) 741.0726

Volunteers receive your order by phone and shop for you at Gibsons or Wilson Creek MarketPlace IGA's, or Clayton's Heritage Market in Sechelt. This service is for people who have no other alternatives. There is a delivery charge and you must register in advance.

Grocery Delivery, Madeira Park

Phone: (604) 883.9100

Upon request, MarketPlace IGA in Madeira

Park will deliver groceries to those in the Pender Harbour area unable to get out to shop.

Meals on Wheels

Home Care Services, Vancouver Coastal Health

Phone: (604) 741.0726

Volunteers deliver nutritious meals to residents who are homebound or find it difficult to prepare meals. These can be delivered up to 3 times per week in the Sechelt / Halfmoon Bay area and up to 4 times a week in Gibsons / Roberts Creek area. There is a charge for this service and 24 hour cancellation notice is required.

Outreach Healthy Meal Program, Pender Harbour

Seniors Housing Society

Phone: (604) 883.2819 or (604) 883.0033

Menus: www.penderharbourseniors.org/meals.html

A cooked meal delivery service open to residents of Area A. All recipes are low fat, low salt and low sugar, so are suitable for most diets. Meals are delivered

by volunteers in re-useable dishes around 1 pm on Mondays and cost \$10/meal. Clients can order up to 6 meals/week, some will be delivered frozen.

Food Banks

Salvation Army

#5–682 Gibsons Way, Gibsons

Phone: (604) 886.3680

Open Wednesday and Thursday each week, 11 am to noon. Recipients are eligible to pick up a hamper once a month.

St. Bartholomew's Anglican Church

659 North Road, Gibsons

Phone: (604) 886.3096

Open on the 3rd Wednesday of each month from 1 pm to 3 pm.

Sunshine Coast Community Services Society

5657 Lamprey Lane (behind Community Services Building), Sechelt

Phone: (604) 885.5881, ext 240

Open every Tuesday and Wednesday from 11 am to 1 pm alternating on a weekly basis between food bank groceries and bread and produce. Clients are eligible to pick up once each week.

Pender Harbour Community Church

12891 Lagoon Road, Madeira Park

Phone: (604) 883.2270

Open for pickups every second Monday from 12 pm to 12:30 pm.

RECREATION CENTRES

Gibsons & Area Community Centre & Arena

700 Park Road, Gibsons

Phone: (604) 885.6868

Ice arena, squash and racquetball courts, multi-purpose rooms, youth centre, parent and tot drop-in programming, and Wellness Studio. The centre offers a seniors drop-in, fitness classes, squash, racquetball, skating, drop-in hockey, and fitness equipment workouts.

Gibsons & District Aquatic Facility

953 Gibsons Way, Gibsons

Phone: (604) 885.6867

Includes a 20 metre lap pool, tots pool with water feature, and a hot tub. Provides access to drop-in aquatic fitness classes and public, length and open swim sessions.

Sechelt Aquatic Centre

5500 Shorncliffe Avenue, Sechelt

Phone: (604) 885.6865

Includes a leisure pool, 25 metre lap pool, lazy river, waterslide, hot tub, steam room, sauna, gym, and fitness studio. Provides access to drop-in aquatic fitness classes, public, length and open swim sessions, a variety of drop-in activities, fitness classes, and fitness equipment workouts.

Sunshine Coast Arena

5982 Shoal Way, Sechelt

Phone: (604) 885.6801

Facility is currently closed for repair and is scheduled to re-open in the Fall 2013. Amenities include a single sheet of ice with heated and unheated viewing areas, change rooms, lounge and banquet room.

Pender Harbour Aquatic & Fitness Centre

13639 Sunshine Coast Highway, Pender Harbour
Lower level of the Pender Harbour Secondary School
Phone: (604) 885.6866

Features a 20 metre lap pool, hot tub, sauna, fitness studio and a weight room. Aquatic fitness classes, public, length and open swim sessions, dry land fitness classes, and fitness equipment workouts.

EDUCATION

Eldercollege

Capilano University, Sunshine Coast Campus
5627 Inlet Avenue, Sechelt
Phone: (604) 885.9310
Website: www.capilanou.ca/ce/eldercollege
Learning and discussion courses for those 55+.

Capilano University, Continuing Education

5627 Inlet Avenue, Sechelt
Phone: (604) 885.9310
Website: <http://www.capilanou.ca/sunshine/>
Offers a variety of short courses (e.g., computer skills, language courses, etc.) through its Continuing Education Division.

HOME CARE & HOME NURSING SERVICES

Home Care Services, Vancouver Coastal Health (VCH)

5630 Inlet Avenue, Sechelt

Phone: (604) 741.0726

Home Care Services is under the Home & Community Care division of VCH. It is committed to promoting the well-being, dignity and independence of clients and their families and aims to supplement and complement (but not replace) care provided by individuals, families and community.

- **Long Term Care Program** is the single entry point to a variety of services intended to support clients in the community. This would include case management; home support; adult day care; respite and residential care. Case Managers also provide ongoing care coordination, education and referrals to non-health care related agencies.
- **Shorncliffe Hospice Program** provides short-term stay for symptom relief, short-term stay for hospital to home transition, respite for caregivers 1 to 2 weeks, permanent admission for care during the last several months of life. Managed by the Palliative Care Coordinator.
- **Home Care Nursing Program** provides care to people of any age with acute, chronic, palliative or rehabilitative health care need. Services include assessment, direct care (e.g., wound management), case management (for palliative clients), health

teaching, support, coordination and referral to other community supports. Service is provided on a non-emergency basis seven days per week 8:30 am to 2:30 pm. Home Nursing Care is provided with no direct charge to the client.

- **Palliative Care Program** offers active, compassionate care to patients and their families when it is recognized that the illness is no longer curable. They provide supportive services that enhance dignity, independence and choice. Team members include the Palliative Care Coordinator, the client's Physician(s), Home Care Nurses, Community Health Workers, Community Rehabilitation Services, trained Hospice Volunteers and Spiritual Care.

Home Care Nursing, Pender Harbour & District Health Centre

5066 Francis Peninsula Road, Madeira Park

Phone: (604) 883.2764

RNs do home visits for dressings, medication monitoring, diabetes care, assessments, and counselling as well as post-operative follow up by referral from surgeon. They also coordinate care with other health care professionals.

SUPPORT & COUNSELLING

Telephone Tree

Home Care Services, Vancouver Coastal Health

Phone: (604) 741.0726

This volunteer service offers a daily, friendly, reassuring phone call. It is available to residents who live alone and who would benefit from social contact.

Friendly Visitors

Home Care Services, Vancouver Coastal Health

Phone: (604) 741.0726

Volunteers provide companionship to socially isolated seniors in the community.

Coast Weight Controllers, Sechelt Health Clinic

5571 Inlet Avenue, Sechelt

Phone: (604) 885.2257

A support group for seniors, meets Fridays at 11:30 am at the Sechelt Health Unit, 5571 Inlet Avenue.

St. Mary's Hospital Auxiliary Loan Cupboard

Phone: (604) 885.2224, ext 4204

Located in the basement level of the hospital, the Loan Cupboard offers short-term loan of hospital type equipment.

Elder Abuse, SC Community Response Network

Phone: (604) 741.0726 or (604) 885.5881 or

Toll Free 1 (877) 592.1903

Help for vulnerable adults/seniors who may be experiencing abuse and/or neglect.

Dementia / Alzheimer's Support, SC Mental Health
5542 Sunshine Coast Highway (on St. Mary's Hospital
Grounds), Sechelt
Phone: (604) 885.6101

Specialized mental health services for 65 or older who are affected by a decline in cognitive status; the recent onset of a major affective disorder or another mental illness. Multi-disciplinary assessments consist of psychiatry, nursing and occupational therapy. They also provide Therapy Support groups for caregivers and support and education for persons having received a diagnosis of early stages of dementia. Providing service from Langdale to Egmont.

Social Worker

Home Care Services, Vancouver Coastal Health
Phone: (604) 741.0726

Social Worker (SW) provides counselling, support, advocacy, and links to practical resources to clients and their family and friends, caregivers, health-care professionals, and associated professional groups and agencies. SW is the point person in the local community health system for concerns related to adult neglect and abuse. Other services include, but are not limited to, discharge planning, transitions to and from health-care facilities, home visits and assessments, mediation, caregiver support, and consultation.

Shorncliffe Hospice Program

Home Care Services, Vancouver Coastal Health
Phone: (604) 741.0726
Provides respite for caregivers.

Occupational and Physio Therapy

Home Care Services, Vancouver Coastal Health

Phone: (604) 741.0726

The Occupational Therapists and the Physiotherapists are members of the Home Care Services team for clients of the Sunshine Coast community. The goal of the OT and PT is to promote and maintain a client's functional independence in their home and in their community through a variety of services. Assistance offered includes assessment, treatment, consultation, and teaching of caregivers and family members. Environment adaptations to improve home safety and accessibility, equipment recommendation and prescription, and assessment of activities of daily living are all areas addressed by Occupational Therapy. Physiotherapy addresses the physical and mobility aspects of the clients, i.e., gait, transfers, range of motion, strength and balance. Treatment may include exercise prescription, the selection of walking aids, and fall prevention strategies.

Sunshine Coast Hospice Society

4602 Simpkins Road, Davis Bay

Phone: (604) 740.0475

After hours: (604) 740.1360

Email: coasthospice@gmail.com

Website: www.coasthospice.com

Trained volunteers provide palliative care services to residents of the Lower Sunshine Coast from Langdale to Egmont. The Society also supports two palliative care rooms as well as a family room at Shorncliffe Care Home with a lending library. They are also the contact for the Threshold Choir.

White Cane Club, Sunshine Coast

Phone: (604) 747.4773

Email: marganddennis@eastlink.ca

A support and social club for people who are blind or have some visual impairment that meets the second Wednesday of each month (except for summer months) at Davis Bay Community Hall from 1 pm to 3 pm. Club pays for transportation on handyDART.

South Sunshine Coast Parkinson Support Group

Phone: Allen (604) 886.2009 or Michael (604) 885.9854

Email: ahpoynter@eastlink.ca

Associated with the Parkinson Society of BC, this group meets every third Thursday at 10:15 am (except for July and August) in St. Hilda's Church Hall, 5838 Barnacle St, in Sechelt. People impacted by Parkinson's disease who wish to meet others and share information are welcome.

An annual "Sunshine Coast Health & Wellness Directory" is produced by the Coast Reporter and is distributed once a year in the newspaper. To obtain a copy call them at (604) 885.4811 or drop by 5485 Wharf Street in Sechelt.

Pharmacies, medical and adaptive equipment and supplies, and other related businesses please consult the Yellow Pages.

FINANCES

Shelter Aid for Elderly Renters (SAFER)

Phone: (604) 433.2218, or 1 (800) 257.7756

Website: www.bchousing.org

Helps make rents affordable for BC seniors with low to moderate incomes. SAFER provides monthly cash payments to subsidize rents for eligible BC residents who are age 60+ and who pay rent for their homes.

Service BC

102–5710 Teredo Street, Sechelt

Phone: (604) 885.5187

Website: www.servicebc.gov.bc.ca

The Province of BC programs of interest to seniors, including Additional Home Owner Grant, Low-Income Grant Supplement, BC Seniors Supplement, BC Income Assistance for seniors not receiving Old Age Security, etc.

Service Canada

Website: www.servicecanada.gc.ca

Service Canada reps are available at the Service BC office every 4th Tue (11 am to 4:30 pm) and Wed (8:30 am to 1 pm) for help with Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS), Allowance for the Survivor, and other federal government programs, including Employment Insurance (EI).

Volunteer Income Tax Program

Phone Home Care Services: (604) 741.0726

Two volunteers (Sechelt & Gibsons) help in preparing tax forms in the months leading up to tax deadline.

HOUSING & CARE FACILITIES

Pender Harbour Seniors Housing Society

Phone: (604) 883.2819 or (604) 883.0704

Website: www.penderharbourseniors.org

A registered non-profit currently working with the Pender Harbour Branch of the Royal Canadian Legion to create appropriate housing for seniors in the Pender Harbour area.

Greenecourt Seniors Housing

5583 Ocean Avenue, Sechelt

Phone: (604) 885.5962

A 139-unit wheel-chair accessible complex built and operated by the Lions Seniors Housing Society offering private studio and one-bedroom rental accommodation to low-income seniors, and some non-seniors with disabilities. Approximately 32 units are reserved for SAFER-qualified seniors (see SAFER entry in the Finances section). Approximately 30 units have low-end-of-market rents. A meal program is available for 22 residents, for a monthly fee. Qualified residents may receive home support from Vancouver Coastal Health (see Home Care & Home Nursing Services section), otherwise this is independent living (no amenities or supportive services included in the rent).

Totem Lodge

St. Mary's Hospital, Sechelt

Phone Vancouver Coastal Health: (604) 741.0726

Totem Lodge is the only extended care facility on the Sunshine Coast and provides a homelike atmosphere

for fifty residents. Totem Lodge provides constant care, as many of the residents have difficulty in functioning due to chronic illness, trauma, or the aging process. A daily activity and music program is offered to enable residents to participate in exercise and social opportunities.

Shorncliffe Care Home

5847 Medusa Street, Sechelt

Phone Home Care Services: (604) 741.0726

Built in 1983, this facility enables residents to live closer to family members on the Sunshine Coast. Shorncliffe is a 61-bed complex care facility, with 10 beds dedicated to the Special Care Unit. Some of the services/activities offered include a music therapy program, pastoral services, adult day care, and respite care.

Good Samaritan Christenson Village

585 Shaw Road, Gibsons

Phone: (604) 886.8747

A campus-of-care facility, the only one on the Sunshine Coast, operated by the Good Samaritan Society in partnership with Vancouver Coastal Health. The complex consists of 60 one-bedroom assisted living suites, 50 private complex care rooms, and 30 specialized dementia care rooms. Assisted living is a housing and health services option that enables seniors and those with disabilities to live independently, with extra supports. Access to subsidized assisted living suites and to the care facilities is through a VCH case manager (see Home Care & Home Nursing Services section).

Kiwanis Heritage Apartments

824 Kiwanis Way, Gibsons

Phone: (604) 886.3432

A wheelchair-accessible complex of 22 subsidized one-bedroom apartments for those 55 and older. Qualified residents may receive home support (e.g., home nursing care, Meals on Wheels) from Vancouver Coastal Health, otherwise this is independent living (no meal program or other services included in the rent). See Home Care and Home Nursing Services section for access to supportive services; see also SAFER program in the Finances section.

Better at Home

The United Way of the Lower Mainland is currently investigating expanding its *Better at Home* program to the Sunshine Coast. This program provides a variety of non-medical services to seniors to enable them to stay in their own homes as long as possible.

For more information, go to their website:

www.betterathome.ca

SENIORS CENTRES, GROUPS & ACTIVITIES

Sechelt Seniors Activity Centre

5604 Trail Avenue, Sechelt

Phone: (604) 885.8910 Info Line: (604) 885.3513

Website: www.secheltseniors.com

Centre offers a wide variety of activities and programs, as well as hot lunches on week days. Website offers information on all services available and also provides links to other services including federal and provincial government services. Also offers a wealth of volunteer opportunities.

Harmony Hall

686 Harmony Lane, Gibsons

Phone: (604) 886.3919

Email: gibsonsseniors@gmail.com

Website: www.gibsonsseniors.com

Gibsons Seniors Society welcome new members 40 years old and up. Activities to suit everyone including line dancing, table tennis, cards, carpet bowling, wellness exercise, Tai Chi, birthday lunches, seminars. Pool table by appointment.

Harbourside Friendships Group

Phone: (604) 883.9760

A weekly get-together on Thursdays from 10:30 am to 1 pm, from September to June at the Royal Canadian Legion Branch 112 (12829 Lillies Lake Road, Madeira Park) for seniors in the Pender Harbour/Egmont area. Activities include hot lunches, social activities, and educational programs.

Pender Harbour Seniors Initiative

Phone: (604) 883.3662

A 3-year special project under the umbrella of the Pender Harbour Health Centre funded by VCHA Smart Fund in 2012 to improve the quality of life of seniors in the Middle Point to Egmont area (Area A), many of whom are living in isolation, by creating programs and resources which they can easily and comfortably access.

Sunshine Coast Senior Citizens (COSCO-BC)

Phone: (604) 885.2290

The Sunshine Coast Senior Citizens is a branch of the Council of Senior Citizens' Organizations (COSCO-BC). We are seniors who, as responsible elders, undertake education, organizing, mobilizing and lobbying on important issues, particularly around concerns of public health, pensions, social justice, environmental sustainability, housing and guaranteed minimum income.

New Horizons Seniors Group

Phone: (604) 885.9500

Informal socializing activities for Roberts Creek Seniors. Meets every Monday 1 pm to 4 pm at the Roberts Creek Elementary School Community Use Room.

VOLUNTEER OPPORTUNITIES

Volunteering is alive and well on the Sunshine Coast. Opportunities abound. These entries offer a starting place.

Sunshine Coast Volunteer Centre

Phone: (604) 885.1036

Website: www.scvolunteer.com

Includes a comprehensive online directory of non-profit and volunteer organizations, which are always looking for people willing to donate their time. Its principal foci are: helping people find volunteer work; helping organizations find volunteers; promoting volunteering as a key community benefit; working with agencies to create, improve and maintain effective volunteer programs.

St. Mary's Hospital Auxiliary

Phone: (604) 885.8609

Website: www.stmarysauxiliary.com

Volunteers provide many services for seniors at Shorncliffe and Totem Lodge. These include providing hair services, and hosting birthday parties, as well as providing hanging baskets and bedding plants for the gardens. They also do fund-raising for the hospital and operate the loan cupboard and gift shop located in the hospital, in addition to running St. Mary's Thrift Shop on Cowrie St in Sechelt.

Pender Harbour Health Centre Auxiliary

Phone: (604) 883.3662

Website: www.penderharbourhealth.com/auxil.php

Volunteers support the operation of the Pender Harbour Health Centre by raising funds, primarily through the operation of Bargain Barn Thrift Store in Madeira Park.

TRANSPORTATION

Sunshine Coast Transit System

SCRD 1975 Field Road, Wilson Creek

Transit Info: (604) 885.6899 Office: (604) 885.6894

Website: www.busonline.ca/regions/sun/

Two types of accessible transit exist on the Sunshine Coast and serve Langdale, Gibsons, Sechelt and Halfmoon Bay: the regular fixed-route transit system and handyDART (see below). The regular fixed-route service includes a fleet of low-floor buses that provide wheelchair and scooter accessible service via a ramp with no entry steps and the buses have a kneeling feature that lowers the entry level for passengers who use walkers, crutches or who have difficulty climbing stairs.

handyDART, Sunshine Coast Transit System

SCRD 1975 Field Road, Wilson Creek

Phone: (604) 885.6897

handyDART is a door-to-door, shared for fee transit service for people unable to take fixed-route transit. Customers must first register and registration is free.

BC Ferries

Phone: 1 (888) BC.FERRY (1 (888) 223.3779

Langdale Ferry Terminal: (604) 886.2242

Website: www.bcferries.com

BC seniors enjoy free travel on most BC Ferries routes on Remembrance Day (Nov 11) and Monday through Thursday except holidays. Present your BC Gold Care Card when you arrive at the terminal. Free travel applies to the passenger fare only.

Travel Assistance Program (TAP), Ministry of Health

Contact: Obtain form from your medical professional

Website: www.health.gov.bc.ca/tapbc/tap_patient.html

TAP helps alleviate some of the transportation costs for eligible BC residents who must travel within the province for non-emergency medical specialist services not available in their own community. Obtain the form at your doctor's office, phone for a Confirmation # (toll free # on back of form), and then present your completed form at the ferry terminal. Fares can also be covered for escorts of people incapable of travelling independently for medical reasons. Your physician or nurse practitioner must indicate on the TAP form that an escort is required.

Volunteer Drivers

Home Care Services, Vancouver Coastal Health

Phone: (604) 741.0726

Volunteers will drive you to and from essential medical appointments only, locally or in Vancouver. This program is available to those who are unable to access other forms of transport such as private, public or taxi services. There is a fee for this service. One-week notice is required for all appointments. Please note this is not an emergency service.

HOSPITALS & HEALTH CENTRES

St. Mary's Hospital

5544 Sunshine Coast Highway, Sechelt

Phone: (604) 885.2224

St. Mary's is a community hospital serving the communities of Sechelt, Langdale, Gibsons, Roberts Creek, Halfmoon Bay and Pender Harbour. It provides medical, surgical, obstetrics, extended care, diagnostic and emergency services to a population of 29,500. The St. Mary's Hospital expansion project scheduled to finish by Spring 2013 will increase the number of beds from 41 to 63 and will include a renovated ambulatory care, new radiology areas, and a new emergency department.

Pender Harbour & District Health Centre

5066 Francis Peninsula Road, Madeira Park

Phone: (604) 883.2764

Website: www.penderharbourhealth.com

Registered Nurses are on duty 8 am to 4 pm weekdays to do blood tests, ECGs, injections, home care, dressings, blood pressure, diabetic and nutrition counseling, and palliative care. Other services (including public health nurse, registered dietician, nurse practitioner) by appointment. The Centre also provides office/clinic space for other health professionals including physicians (604) 883.2344, dentists (604) 883.2997, physiotherapist (604) 740.6728, chiropractor (604) 883.2764 and others including mental health and addictions counsellors. Special programs (e.g., dealing with chronic pain, bereavement support group, and others) are offered periodically. Check website for updates.

Gibsons Health Unit, Vancouver Coastal Health

494 South Fletcher Road, Gibsons

Phone: (604) 886.5600

A community health centre that provides a range of health care services including access to public and community health nurses, a nutritionist, a nurse practitioner for women's wellness, updating of routine immunizations and general health inquiries.

Sechelt Health Unit, Vancouver Coastal Health

5571 Inlet Avenue, Sechelt

Phone: (604) 885.5164

Access to public health nurses, immunization clinics, speech and language services and day-time facility use for support groups.

For health clinics, individual doctors and other private health care providers, please consult the Yellow Pages or the Sunshine Coast Health & Wellness Directory (more details on page 11).

OTHER COMMUNITY ORGANISATIONS

Sunshine Coast Community Services

Phone: (604) 885.5881

Website: www.sccss.ca

A non-profit society with over 80 professional staff and hundreds of volunteers who support a wide variety of community programming. In addition to operating the Sunshine Coast Volunteer Centre and the Food Bank for the Sechelt area, Community Services has other services which may be of interest to seniors:

- Family Support Services which assists and supports parents and grandparents in their role as caregivers, with the goal of promoting parental competency and strengthening family life
- Community-Based Victims Services (604) 885.0322, a confidential program to assist and support survivors of relationship violence
- Community Response Network, a provincial network of agencies trained to handle reports of abuse to vulnerable adults, including seniors and persons with disabilities

Community Resource Centre

5520 Trail Avenue, Sechelt

Phone: (604) 885.4088

Website: www.communityresourcecentre.info

The services of the Community Resource Centre (CRC) are designed to help in all stages of life, and the programs are constantly growing and changing depending on the needs of the community. Programs offered include: Information and referral about services available on the Sunshine

Coast in person, by telephone and through email; Assistance with filling out forms; Access Justice Pro Bono Legal Clinic (by appointment); Legal Information Program (by appointment); Financial Literacy & Skill Development courses to increase attendee's financial knowledge and money management skills; and Home Alone (a program for kids to learn how to be safe at home if they're alone). Programs under development are a Seniors Home Alone program and the Progress Plan project which will lead to a Community Plan to address financial well-being for women along the Sunshine Coast.

ACROSS THE LINES

A collaborative audio project that explores new avenues of expression across the lines of age, music, technology, and storytelling. A group of participants within Good Samaritan Christenson Village play with a variety of different musical instruments – piano, ukuleles, percussion, and more – as well as technological tools, such as iPad and iPhone applications, and the results are recorded. The music they create is being incorporated into an original score that will form the backdrop of a CD featuring spoken-word stories and quotes from the participants as they ruminate on a wide range of topics including family, friendship, love, loss, history, and life.

Go to their website for details:

OTHER INFORMATION

Emergency Numbers

Fire, Ambulance, Police 911

Non-emergency Numbers

Police Inquiry (604) 885.2266
Ambulance Inquiry (604) 885.5191
St. Mary's Hospital (604) 885.2224
Poison Control 1 (800) 567.8911
HealthLinkBC 811 (no charge)

Sunshine Coast Regional District

1975 Field Road, Wilson Creek

Phone: (604) 885.6800

Website: www.scrd.ca

Town of Gibsons

474 South Fletcher Road, Gibsons

Phone: (604) 886.2274

Website: www.gibsons.ca

District of Sechelt

5797 Cowrie St, 2nd floor (in the Library bldg), Sechelt

Phone: (604) 885.1986

Website: www.sechelt.ca

Sechelt Indian Government District

5555 Sunshine Coast Highway, Sechelt

Phone: (604) 885.2273

Website: www.secheltnation.ca

MLA, Nicholas Simons

Sunshine Coast Constituency Office
#5–4720 Sunshine Coast Highway, Davis Bay
Phone: (604) 741.0792
Website: www.nicholassimons.ca

MP, John Weston

Sunshine Coast Constituency Office
#207–5760 Teredo Mall, Sechelt
Phone: (604) 885.2939
Website: www.johnweston.ca

Government of Canada

Phone: 1 (800) O-Canada 1 (800) 622.6232
TTY Toll Free: 1 (800) 926.9105
Website: www.canada.gc.ca

Canada Pension Plan

Phone: 1 (800) 277.9914
TTY Toll Free: 1 (800) 255.4786

Enquiry BC

1 (800) 663.7867

INDEX

- A Alzheimer's Support, 9
- B BC Ferries, 19, 20
Better at Home, 15
- C Canada Pension Plan, 12, 26
Capilano University, Continuing Education, 5
Caregiver Support, 9
Christenson Village, 14, 24
Community Resource Centre, 23
- D Dementia / Alzheimer's Support, 9
Diabetes Education, 1, 21
Dietician/Nutrition, 1, 21, 22
District of Sechelt, 25
- E Education, 5
Elder Abuse, 8, 9, 23
Eldercollege, 5
Emergency Numbers, 25
Equipment loan, 8
- F Finances, 12, 20, 24
Food Banks, 3
Friendly Visitors, 8
- G Gibsons Seniors Society, 16
Government of Canada, 12, 26
Greenecourt Seniors Housing, 13
Grocery Shopping & Delivery, 12
- H handyDART, 19
Harbourside Friendships Group, 16
Harmony Hall, 16
Home Care/Home Care Nursing, 6-10
Hospice, 9, 10
Hospitals/Health Centres/Clinics, 21-22

- Housing & Care Facilities, 13-15
- K Kiwanis Heritage Apartments, 15
- M Meal Programs, 2
 - MLA, 26
 - MP, 26
- N New Horizons Seniors Group, 17
 - Nutrition/Dietician, 1, 21, 22
- O Occupational/Physio Therapy, 10
- P Palliative Care, 6-7
 - Parkinson Support, 11
 - Pender Harbour Seniors Housing Society, 13
 - Pender Harbour Seniors Initiative, 17
- R Recreation, 4-5, 16, 17
- S Sechelt Indian Government District, 25
 - Sechelt Seniors Activity Centre, 16
 - Service BC, 12
 - Service Canada, 12
 - Shelter Aid for Elderly Renters (SAFER), 12
 - Shorncliffe Care Home, 14
 - St. Mary's Hospital Auxiliary, 18
 - Sunshine Coast Community Services, 23
 - Sunshine Coast Regional District, 25
 - Sunshine Coast Senior Citizens (COSCO-BC), 17
- T Telephone Tree, 8
 - Totem Lodge, 13
 - Town of Gibsons, 25
 - Transportation, 19-20
- V Volunteer Drivers, 20
 - Volunteer Opportunities, 18
- W Weight Control, 8
 - White Cane Club, 11

NOTES:

NOTES:

Seniors Resource Directory EVALUATION FORM

Please take a moment to answer these questions and return this form to the District of Sechelt, so that we may improve this publication in the future.

1. How easy was it to find what you were looking for in the Directory?

Very Easy 1 2 3 4 5 Very Difficult

2. How helpful was the information you accessed?

Very Helpful 1 2 3 4 5 Not Very Helpful

3. Are there other programs/services which you would like included in future revisions of the Directory?

Yes No If yes, what are they?

4. Any other suggestions for improvements to this Directory?

See over for more space to write your comments →

Thank you for your feedback!

Please return your Evaluation Form to:

Community Planner
District of Sechelt
2nd Floor, 5797 Cowrie Street
PO BOX 129, Sechelt BC, V0N 3A0

